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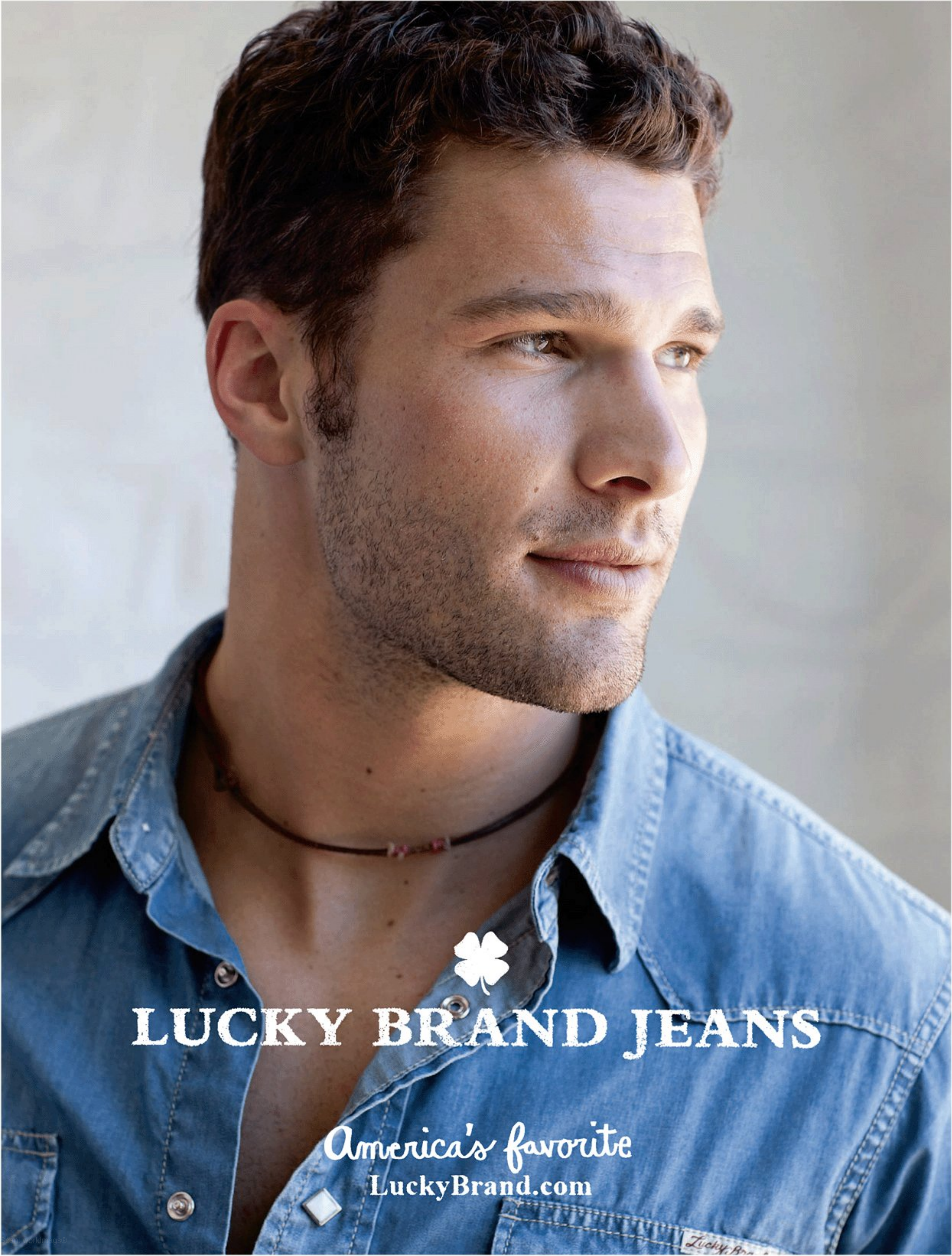
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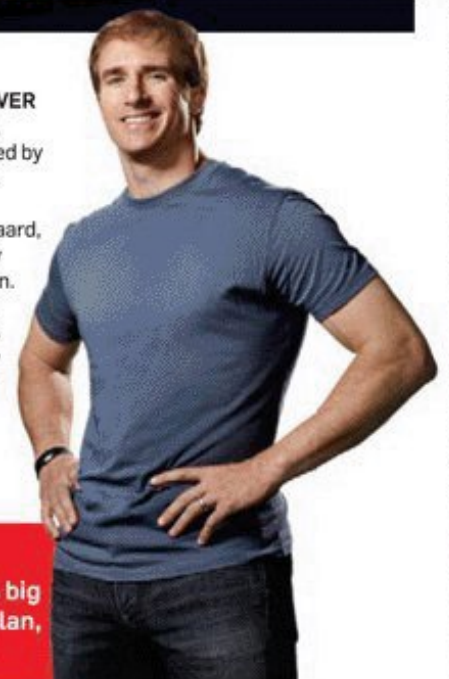
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What Winners Know

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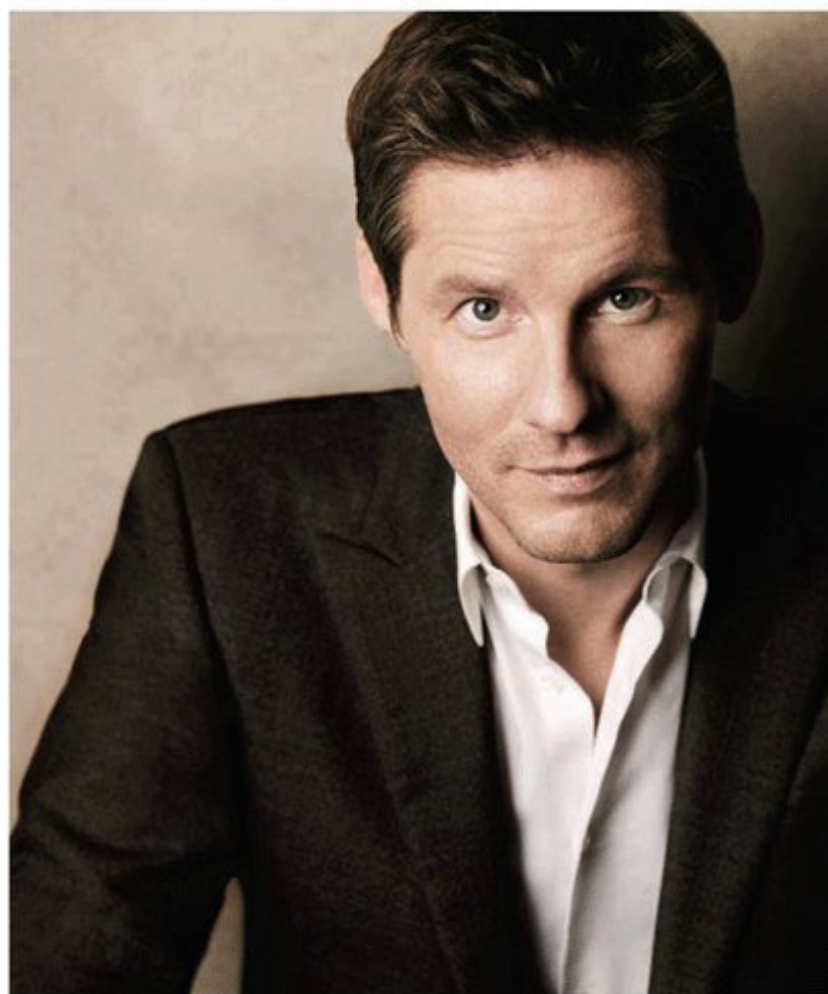
WHETHER YOU'RE A CHESS master, a Ping-Pong player, a guitar picker, or just a run-of-the-mill businessman, rule number one of winning remains the same: Surround yourself with people who are wiser, more accomplished, and just plain smarter than you are.

I've tried to do that consistently over my career, and I've been richly rewarded for it. I've worked with some of the best writers, editors, athletes, and businesspeople in the world. And I like to think that a little bit of their wisdom and knowledge has rubbed off. So this month, in honor of our Winner's Issue, and with Super Bowl XLIV MVP Drew Brees heading the lineup, I thought I'd try to distill some of what these people have taught me into tasty shots of wisdom. Here's what the winners I've met all seem to know.

Winners know what they don't know. This might sound like a contradiction, but if you know what you don't know, you can go out and learn it, or find someone who can guide you through it. Real ignorance is not a lack of knowledge or education, but a lack of curiosity. The moment you think you know everything, you're doomed. Before you make any big move, always ask yourself, *What don't I know about what I'm getting into?* Then go find out.

Winners know how to hire winners. As I said above, surrounding yourself with highly accomplished coworkers is the best way to become highly accomplished yourself. Unfortunately, when it comes to hiring, many men feel threatened by smart candidates and tend to want a supporting cast of people who won't question their choices or challenge their supremacy. Exactly wrong. I always try to bring people on board who are smarter than I am. (Bonus: This creates an enormous hiring pool.)

Winners know there's always something new to win at. Whether you're Sportsman of the Year, or Salesman of the Year, you're bound to be at the top of your game for only a few years before times change. Today's victories soon fade into the glory days of yore. Winners focus on tomorrow's challenges.



Winners know how to dive in. Life isn't a distance event; it's a series of sprints. And most sprints are won at the moment the gun goes off. Many of us spend our time worrying about failure. Winners don't care about failure, because they know that in no time they'll be diving into their next chance for success.

And here's another lesson, courtesy of Drew Brees: *A winner competes, whether it's in a simple reflex drill or in the game of a lifetime.* When we were hanging out with Brees in the off-season, we expected him to be a little laid-back. After all, he was still in the winner's circle of the NFL—and was the very definition of what a QB contributes to the ultimate victory. Yet we were in the gym when he did a simple reflex drill with some other signal callers from around the league: You'd have thought the entire season was on the line. For Brees, it was. When he's up against the competition—any competition—he goes hard, or not at all.



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People who eat eggs for breakfast eat 164 fewer calories during the day than bagel eaters, say researchers.

LIFE RULE #43

The best way to achieve happiness is to live as though you've already found it.

CUT INFLATION

Chew sugar-free gum for 15 minutes after eating to fight snack cravings.

UP YOUR CALORIE BURN

Alternate between upper- and lower-body moves during your workout.

SILENCE THE THUMBS

Talk, don't text. Frequent texters are more likely to be lonely and socially anxious, study says.

FOOD SHOCKER

Cheesecake Factory's Bistro Shrimp Pasta is the calorie equivalent of 14 Krispy Kreme doughnuts.

PRESCRIPTION FOR TROUBLE

1.5 million patients are injured every year by medication errors, some caused by doctors' poor handwriting.

SLEEP CURES

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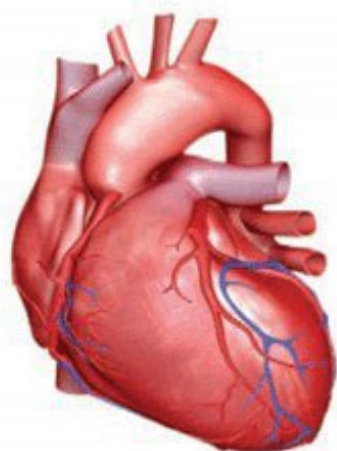
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How top doctors stay strong and healthy

"In the future, invasive surgery will be viewed as barbaric," says **John Eleftheriades, M.D.**, 59, chief of cardiac surgery at the Yale school of medicine. "Advances in genetics mean we now understand heart disease on a higher plane. That will translate to better preventive treatments."



ON CALL THIS MONTH
The Heart Fixer



How I strengthen my heart

ROWING

"Aerobic exercise is key: I hit the rower, stationary bike, and treadmill." Research from Norway shows that high-intensity interval drills deliver greater cardio benefits than steady-state training.

HOW I FIGHT FLAB

DISCIPLINE

"I'm 5'11" and I cap my daily calories at 2,500 to stay in my target zone of 175 to 182 pounds. Science doesn't really have a clue as to which diet is best. If I put on a few pounds, I reduce my intake for a few weeks and double my exercise. Before long, I'm back in my zone."

How I protect myself

SKEPTICISM

"I'm antidrug in general, and I always ask—and advise patients to ask—exactly why a doctor is prescribing a medication. If there is not a very strong reason, the drug shouldn't be taken. Many people take multiple drugs, and that's not necessarily beneficial."

HOW I BUILD MUSCLE

DIPS

"I work out at home for 45 to 60 minutes, alternating strength training one day with cardio the next. I use free weights and the Powertec system, which I like because it has no cables or pulleys. I also love dips. I do 5 sets of 10 dips, and every now and then I bang out 25 just to prove I can still match my old school record."



How I manage stress

WRITING

"I've started writing fiction. It helps me relax because I have total control over the outcome of events, unlike in my day job. My first novel, *Transplant*, was published last year." Studies show that writing nonfiction—a daily journal, for example—may also relieve anxiety.

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James N. Dillard, M.D., D.C., C.Ac., is the medical director for the complementary and alternative medicine program at Oxford Health Plans.

MENTAL HEALTH

Thomas Joiner, Ph.D., is the Bright-Burton Professor of Psychology at Florida State University, and the author of *Why People Die by Suicide*.

William Pollack, Ph.D., is an associate clinical professor at Harvard medical school.

NEUROLOGY

David S. Liebeskind, M.D., is an associate professor of neurology at UCLA.

Have a question for our advisors? Go to MensHealth.com/askthedoctors.

NUTRITION

Alan Aragon M.S., has 18 years of experience helping regular joes and pro athletes lose fat and gain muscle. His private practice is in Thousand Oaks, California.

Jeffrey Blumberg, Ph.D., FACN, CNS, is the director of the Antioxidant Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

OPHTHALMOLOGY

Kimberly Cockerham, M.D., teaches ophthalmology at Stanford University school of medicine.

RELATIONSHIPS

Debby Herbenick, Ph.D., M.P.H., is the associate director of the Center for Sexual Health Promotion at Indiana University and author of *Because It Feels Good*.

SLEEP MEDICINE

W. Christopher Winter, M.D., is the medical director of the sleep medicine center of Martha Jefferson Hospital, in Virginia.

SPORTS MEDICINE

Andrew J. Feldman, M.D., is the director of sports medicine at St. Vincent's Medical Center in New York City.

Nicholas A. DiNubile, M.D., is a clinical assistant professor of orthopedic surgery at the Hospital of the University of Pennsylvania and the author of *FrameWork for the Lower Back*.

UROLOGY

Larry Lipshultz, M.D., is a professor of urology at Baylor College of Medicine.

Judd W. Moul, M.D., FACS, is chief of the division of urologic surgery at Duke University medical center.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACPM, is the director of the prevention research center at Yale University.

Jeff S. Volek, Ph.D., R.D., is an associate professor of kinesiology in the human performance laboratory at the University of Connecticut.

00:02

2-second lifesavers

Spot cancer!

Every man should own a lighted, fog-resistant mirror with at least 5x magnification so he can examine his face for suspicious growths. *Zadro Z850, \$45, mirror place.com*

Make her moan!

The next time you're in the missionary position, slide your body up along her torso so that your shoulders are past hers. Then, instead of thrusting up, move your hips slowly in a small circle, letting your pubic bone stimulate her clitoris. It's a proven way to help her reach orgasm.

Breathe better!

If you're stuffed up, dab a few drops of eucalyptus essential oil on a tissue and leave it on an office shelf. The aroma acts as an anti-inflammatory for your upper respiratory system. *Now Eucalyptus Oil, \$6/oz, gnc.com*

Blast stress!

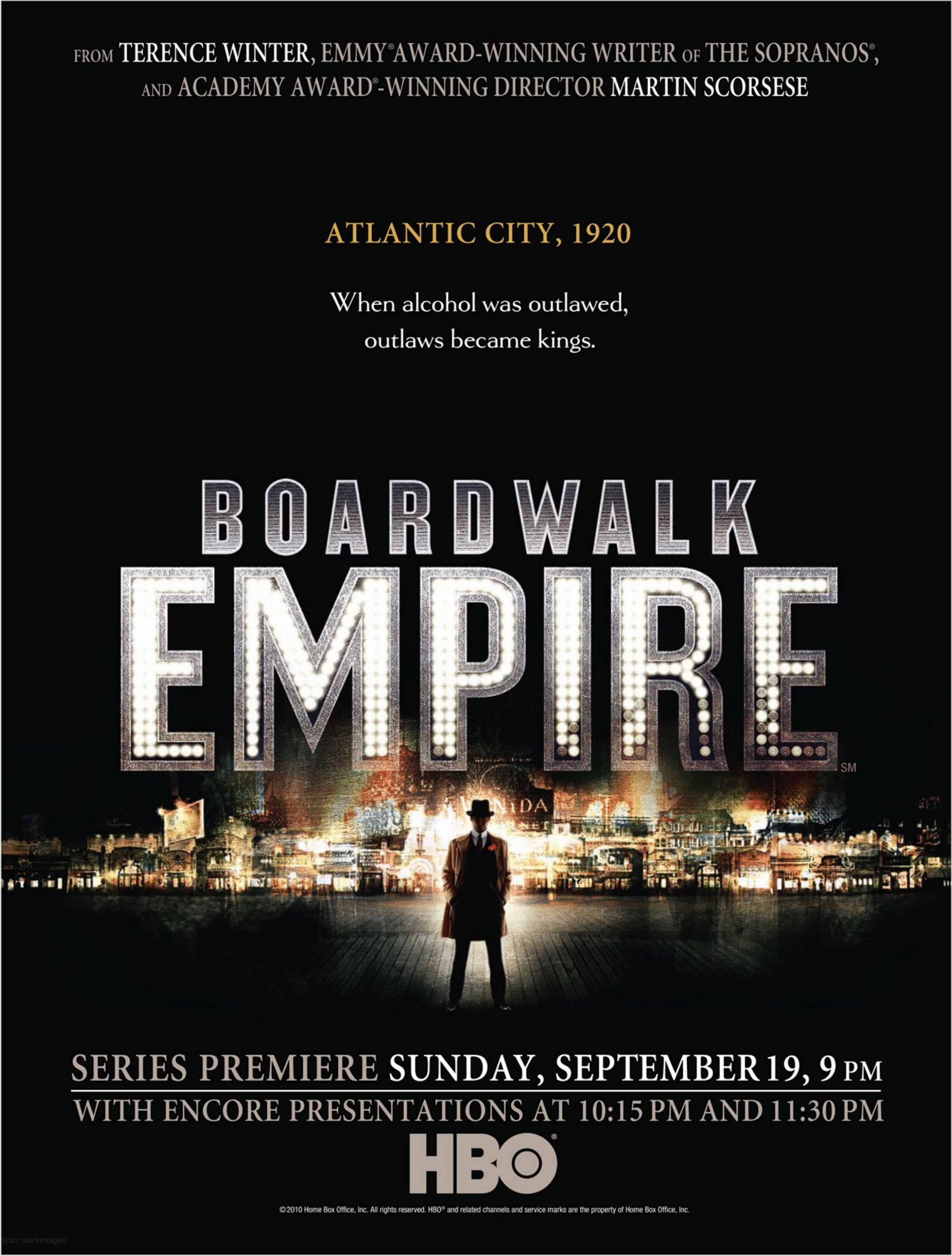
Stressed out over a problem? Pop a piece of sugarless gum—the chewing motion will boost your brain's relaxation response. Plus, it may also heighten your ability to focus.

FROM TERENCE WINTER, EMMY® AWARD-WINNING WRITER OF THE SOPRANOS®,
AND ACADEMY AWARD®-WINNING DIRECTOR MARTIN SCORSESE

ATLANTIC CITY, 1920

When alcohol was outlawed,
outlaws became kings.

BOARDWALK EMPIRESM

A man in a brown trench coat and a black fedora stands in the center of a dark, wet boardwalk at night. The background is a vibrant, glowing cityscape of Atlantic City, 1920, with numerous neon signs and illuminated buildings. The word "ATLANTIC CITY" is visible in the background. The title "BOARDWALK EMPIRE" is superimposed over the top half of the image, with "EMPIRE" in large, glowing, neon-style letters.

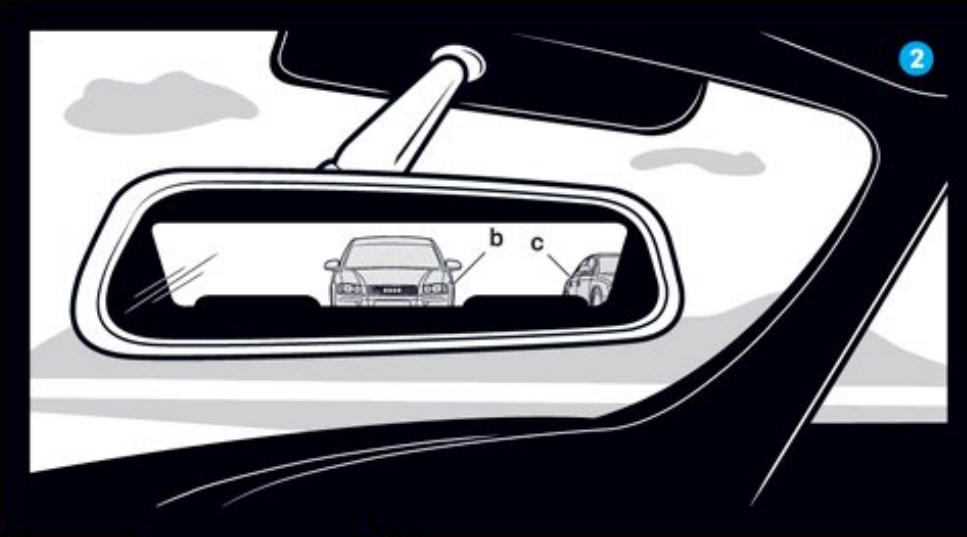
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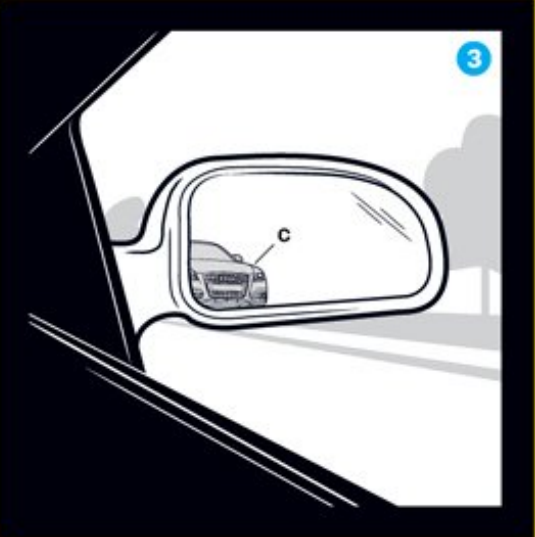
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3

good positioning



4

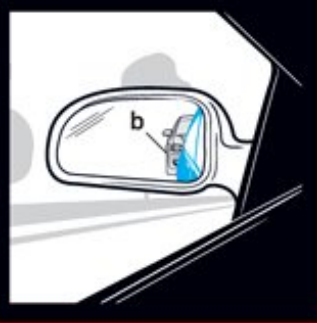


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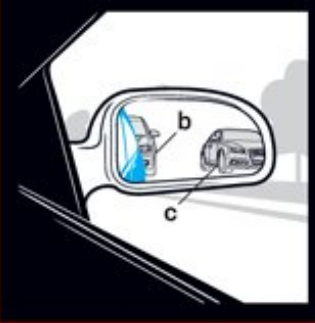


c

your vehicle



b



b

bad positioning

Q

HOW CAN I ELIMINATE MY CAR'S BLIND SPOT?

TONY, BIDDEFORD, ME

You need to reflect on the problem. "Most drivers position their side mirrors at an angle that's too narrow and adds only about 4 feet of vision on each side," says Michael Flannagan, Ph.D., an associate professor at the University of Michigan's Transportation Research Institute who studies vision-improvement systems for drivers. However, if you adjust your mirrors using these directions, popularized by a math whiz at the Society of Automotive Engineers and approved by Flannagan, you can banish the blind spot in any car you drive.

(1) DRIVER'S SIDE MIRROR
Rest the side of your head against the driver's side window. Adjust the mirror so you can just barely see the side of your car.

(2) REARVIEW MIRROR
Sit up straight with your head positioned as it will be while you're driving. Adjust the mirror so you can see out of the entire rear window.

(3) PASSENGER-SIDE MIRROR
Lean toward the center of the car. Set the mirror so you can see only the very edge of your car.

TEST IT
"Drive in the right lane of a multi-lane highway," says Flannagan. "Look in the left-hand mirror and watch as a car approaches you. As it passes, its image should disappear off the outer edge of the mirror just as it enters your peripheral vision." (4) With typical mirror adjustments, he says, the car disappears *before* it enters your peripheral vision—into the blind spot. It'll probably take you several drives to become comfortable with this new configuration.

What's the best way to fall back asleep when I wake up at 3 a.m.?

SAM, BRECKENRIDGE, CO

Don't try. "Because sleep is, to a significant degree, a by-product of the ability to let go mentally, the trick is to relax," says Stephen Amira, Ph.D., a clinical psychologist at Harvard medical school. If you're the type who wakes up in the middle of the night and immediately starts *worrying* about being awake in the

middle of the night, Amira recommends closing your eyes and focusing on an image or a memory you find soothing, like a hike in a forest or a good round of golf. The more detailed your mental picture is, the more likely it will be to distract *and* relax you. Still staring at the ceiling? Grab a notepad and jot down whatever thoughts might be making you anxious. Look at what you wrote, and then ask yourself, "Can this wait until morning?" Yes? Then close the notepad—and the source of your anxiety—and go back to bed. Amira says

your best strategy is to do this preemptively, before you hit the hay. This will clear your mind, so when you stir at 3 a.m., you'll be less likely to start worrying.

I'm considering veneers for my teeth. What can I expect?

JAMAAL, PROVIDENCE, RI

Serious face time with your dentist. The process of putting porcelain on your teeth requires three visits,

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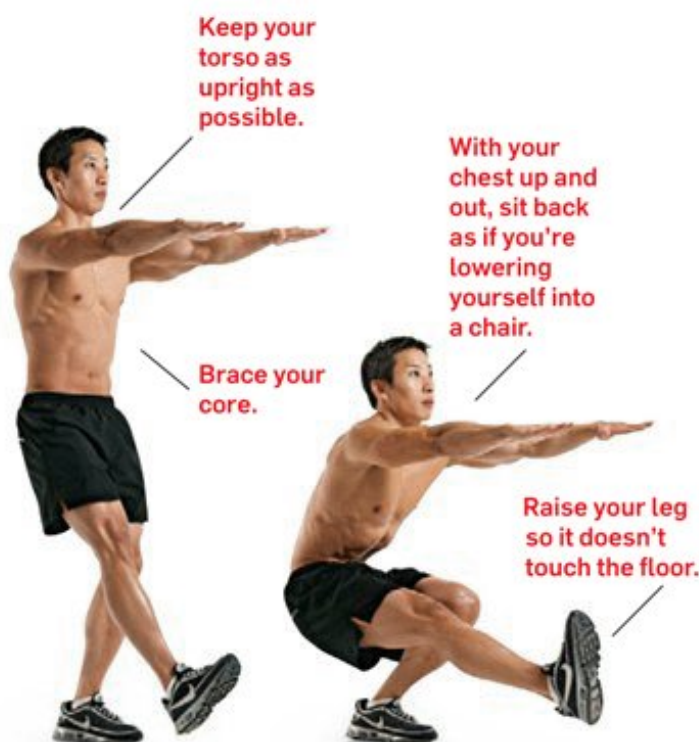
ASK MEN'S HEALTH

beginning with an initial consultation to determine how many veneers you need. If you want to remodel your entire mouth, go with eight to 10 on top and 10 on the bottom, since those are the teeth people see when you grin, says Mark Wolff, D.D.S., Ph.D., chairman of the department of comprehensive care at New York University's college of dentistry. On your second visit, your dentist will load you up with a local anesthetic and prep each tooth, sanding away about half a millimeter of enamel. Then the doc will take an imprint of your mouth and send it to a lab that makes the veneers. In the meantime, you'll be fitted with temporary veneers. When the custom set is ready, you'll come back to have your new smile cemented in place. If money's tight, go with resin veneers; they cost about \$750 a tooth (versus \$2,000 for porcelain). But porcelain looks much more real, and it lasts longer—up to 15 years—so it's generally considered the best option. When you're ready to begin, ask for a recommendation from a friend or family member who has veneers (work that Facebook network!) or go to aacd.com and click on "Find a Cosmetic Dentist." Choose an "accredited member or fellow" (not just a "member") who specializes in veneers and performs two to four procedures a month.

I can't do even one single-leg squat. Am I weak, or uncoordinated?

MAX, FARGO, ND

Neither. Single-leg squats are *really* hard. In fact, they're probably the most challenging leg exercise, says Mike Robertson, C.S.C.S., a strength coach in Indianapolis and the author of *The Single-Leg Solution*. "They demand mobility, strength, and balance. That makes doing them difficult but also rewarding, because they strengthen your glutes, quads, and hamstrings." To train your body to do a single-leg squat, Robertson suggests starting off with 3 sets of 10 split squats and 10 lunges three



times a week until you can bang them out easily. (For more instruction, visit MensHealth.com/singlelegsquat.) Then try a single-leg squat on a 12-inch-high box. Stand on the box holding your arms straight out in front of you. Balancing on your right foot, bend your right knee and lower your body until your left heel touches the floor. Pause, and then push yourself up. Three sets of 5 reps on each side twice a week is all you need, says Robertson. When you improve, switch to a 6-inch box, and when you can do them perfectly, try a flat surface.

Why do I bite my lip when I groove to music?

SPENCER, BRENTWOOD, CA

You're *feeling* the music. "Biting down on your lip can become a habit because it serves as a way to intensify pleasure," says P. Murali Doraiswamy, M.D.,

a professor of psychiatry at Duke University. "That's because your lips are packed with nerves, and the mild pain caused by your teeth biting on them triggers the release of feel-good endorphins." Another possible explanation: That rockin'-out overbite or tune-induced facial contortion (musicians call it "bass face") could occur for the same reason people grimace when they have orgasms or get hurt—it's just another way we're wired to convey how we feel. In fact, biting on your lips can plump them up, which sends a signal to others that you're stimulated. So if you're on the prowl, keep chomping. Hey, it works for Mick Jagger.

I'm confused by all the chatter about aspirin, acetaminophen, and ibuprofen. Which of these should I have at home?

DAVID, STAMFORD, CT

One drug doesn't do it all (actually, Vicodin does, but we're talking about nonaddictive over-the-counter painkillers). So your best bet is to stock both acetaminophen (such as Tylenol) and ibuprofen (such as Advil). Acetaminophen will relieve pain and reduce fever, while a nonsteroidal anti-inflammatory drug (NSAID) like ibuprofen will block the biochemicals that promote inflammation and swelling. "For generalized aches and fevers, take acetaminophen because it's relatively gentle on your body," says Mary Lynn McPherson, Pharm.D., a professor at the University of Maryland school of pharmacy. "But for pain that has an inflammatory component, such as pain from a sprained ankle, an NSAID is better." Ibuprofen tends to be shorter-acting, so for chronic pain that lasts 12 hours or longer, go with the NSAID naproxen (such as Aleve). Of course, if you have any heart-attack risk factors, keep a bottle of regular-strength aspirin around, too. At the first signs of a heart attack—breathing difficulty and/or chest pain that spreads to your left arm or your jaw, for example—chew one aspirin for 30 seconds and then swallow it. Doing this could reduce blood clotting by 50 percent.

I'm young and single. Do I really need to have life insurance?

DENNIS, BEAUMONT, TX

Unless you're providing financial assistance to a family member—an older parent or a dependent sibling, say—don't waste your dough. "Most single people don't need life insurance because no one is relying on their income," says attorney and financial advisor Gary Schatsky, president of ObjectiveAdvice.com. Instead, make sure you have long-term disability insurance. This coverage will safeguard you if an injury or chronic illness prevents you from working. The odds of that happening are surprisingly high: a 20-year-old worker has a three in 10 chance of becoming disabled before reaching retirement age. Schatsky recommends contacting a financial advisor to discuss which coverage would be best for you. The National Association of Personal Financial Advisors (napfa.org) offers a comprehensive list of advisors who do not receive commission—many of them do. Disability insurance can be expensive: Annual premiums, even for young men, can approach \$2,000. Reduce your premium by buying a policy that will pay you only 65 percent

ONE-WORD ANSWER®

"What's the fastest, simplest way to soothe my face after shaving if I have no balm?"



Rubbing an ice cube on your skin for 15 seconds immediately after shaving decreases bloodflow and causes the muscles that control your hair follicles to contract, says Kenneth Beer, M.D., a dermatologist in West Palm Beach and the owner of ScientificSkin.com. "This will decrease redness and help your pores return to normal size, reducing irritation."



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- 1 med Tomato, sliced
- 14 oz Garbanzo beans (no salt added)
- 2 tbsp Lemon juice
- 4 Whole wheat fat-free Tortillas (8 inch)

DIRECTIONS

Servings: 4

In a food processor, puree the beans with the peppers and lemon juice until a smooth but somewhat chunky consistency. Spread puree onto the tortillas and a lettuce leaf. Add 2 slices tomato, followed by 3 slices of avocado. Add the turkey breast and Swiss cheese. Fold and wrap. Cut each wrap in half to serve.



Boar's Head

boarshead.com/lowersodium

ASK MEN'S HEALTH



PROBIOTIC PRIMER

Scan the label, says Mary Ellen Sanders, Ph.D., executive director of the International Scientific Association for Probiotics and Prebiotics. "It should include info such as the genus and strain of the probiotic and details about the Colony Forming Units (CFUs). Also, it should list how many live organisms are in each serving, when the product expires, and how it should be stored." These sources deliver the goods: **Dannon** Activia yogurt (activia.us.com) and DanActive drink (danactive.com); **Evolve** kefir (evolvekefir.com); **Attune** bars (attunefoods.com); or as a supplement, **Align** (aligngi.com) or **HMF Forte** (amazon.com).

Everyone is drinking kombucha. Is it actually good for you?

J.D., SAUSALITO, CA

The drink makers like to claim that the combination of probiotics and antioxidants in this fermented tea can strengthen your body's immune system, boost energy, and aid digestion. It's a strong sell—but unfortunately, one that isn't supported by science. A review in the journal *Research in Complementary Medicine* analyzed all the studies ever conducted with kombucha and found that none reported health benefits. "I don't recommend kombucha at all—the probiotic effects are not well documented," says Mary Ellen Camire, Ph.D., a professor of food science and human nutrition at the University of Maine. "Consuming one serving of good bacteria a day can help your digestive system stay healthy, but there are better sources." (See the list on the right.)

of your salary. The disability income you receive won't be taxed, so you'll essentially still receive 100 percent of your take-home pay, says Bill DeShurko, C.F.P., author of *The Naked Truth about Your Money*. Also, set up your insurance so that it kicks in after 90 days. "That's the sweet spot," he says. "Switching to only a 60-day wait more than doubles the premium, and waiting 180 days saves you only about \$180 a year."

My dad and grandfather both developed cataracts. Is there anything I can do to avoid the same fate?

DAN, ATHENS, GA

Your future may look cloudy, but don't put all the blame on your DNA. "Most cataracts are age-related, like gray hair and wrinkles," says John D. Dugan Jr., M.D., codirector of the refractive surgery department at Wills Eye Institute, in Philadelphia. "The lens behind the cornea grad-

ually turns more opaque throughout your life, until the cloudiness causes images to appear blurred—typically in your mid-60s." There is, however, one low-tech device that can help push back the clock on cataracts: sunglasses. Choose models that provide 100 percent protection from ultraviolet rays (and the resulting damage they can do to the lenses of your eyes). Look on the label for either "100 percent UV protection," "meets ANSI Z80.3-2001," "blocks UV 400nm," or similar wording. The good news is that even if your genes do cause you to develop cataracts earlier than usual—like, say, in your 50s—you can always opt for new optics: The cloudy lenses in your eyes can be replaced with clear artificial models in a relatively quick and painless outpatient procedure. Make sure Dad and Gramps know about it.

Have a question that no one else can answer? Ask at MensHealth.com/experts.

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MH

A good sandwich



and its salty, evil twin.

These two sandwiches look almost exactly alike. But the sandwich made with Boar's Head lower sodium* ham and cheese is not only much better for you, but it tastes much better as well. So how do you know which you're getting? Simple. You demand the Boar's Head. And avoid evil.

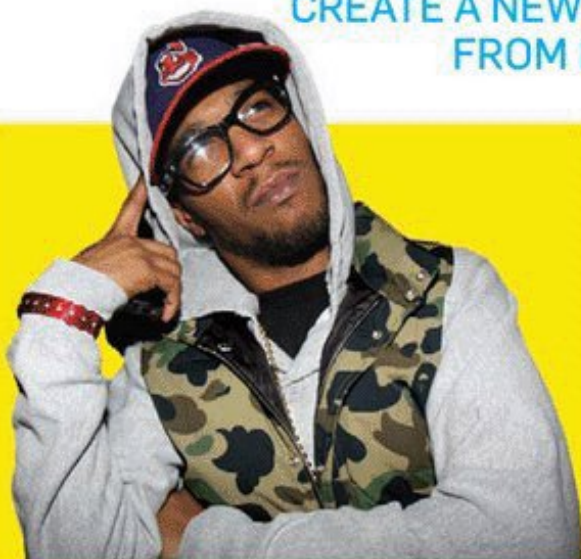
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boarshead.com/lowersodium

* Lower Sodium claims are substantiated by USDA tested sodium levels contained in comparable product lines or meet FDA standards. © 2010 Boar's Head Provisions Co., Inc.

Rock your October

CREATE A NEW SOUNDTRACK FOR YOUR LIFE WITH THE BEST IN EVERYTHING, FROM MOTIVATIONAL MUSIC TO GROUPIE-APPROVED HAIR



Album of the Month

Man on the Moon II: The Legend of Mr. Rager

KID CUDI

Gangsta rap is dead. Bling went bust. Grillz developed a patina. Then came Kid Cudi, a self-analytical 20-something from Cleveland. *Mr. Rager*, out now, explores Cudi's world with dark cinematic undertones and some mercurial beats provided by the indie-electronic superduo Ratatat.

The best exercises for beginner muscle builders



Co-contraction split squat with offset press

Stand in a split stance, holding a dumbbell at your shoulder on the same side as your back leg. Slowly lower into a split squat while pressing the dumbbell overhead. Return to the starting position. Do 10 reps on each side.



Single-arm dumbbell row

Hold a dumbbell in one hand as you bend forward at your hips with your knees bent. In a rowing motion, pull the weight up, leading with your shoulder blade by pulling it back and down. Do 10 reps on each side.



Pushup to single-arm support

Do a regular pushup. At the top of the pushup, lift one arm and hold for 3 seconds. Return your hand to the floor and do another pushup, lifting the other arm for 3 seconds. Do 10 reps with each arm.

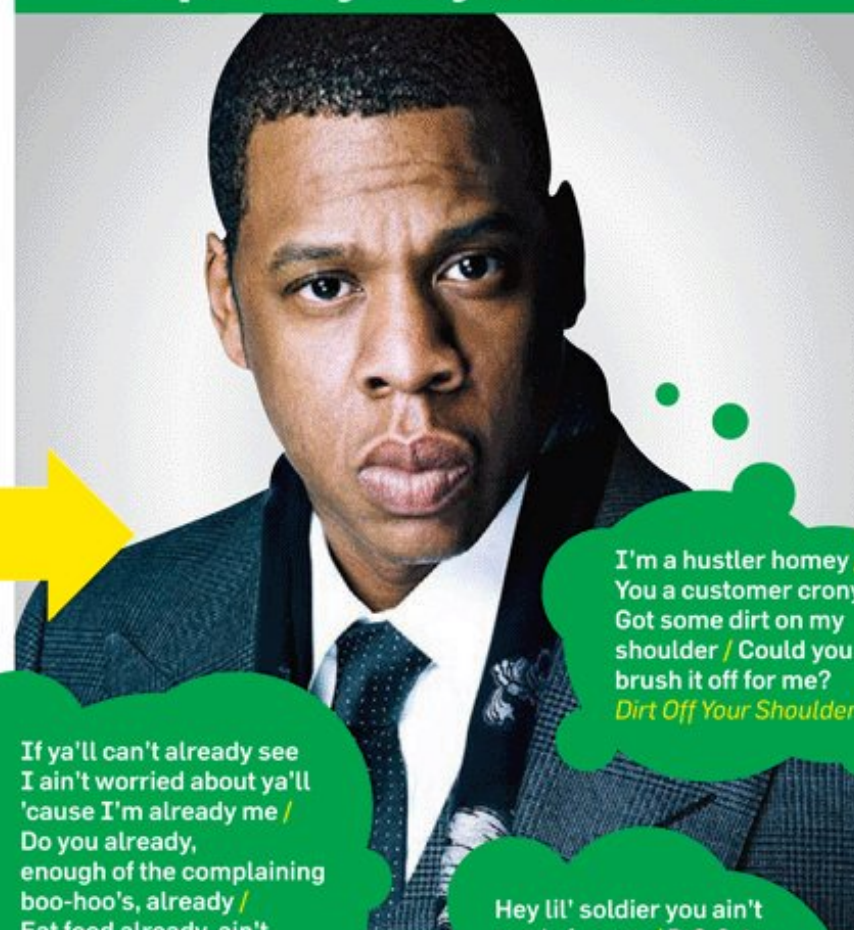
Source: Bill Hartman, C.S.C.S., P.T.

Kid Cudi's top 10 motivational tracks

"These jams inspire me to move forward in life. They all draw a certain energy and keep me upbeat to better my mind, body, and soul," Cudi says. "I'm not buff, but I'm working on it."

- 1 JAY-Z
Already Home
- 2 RATATAT
Sunblocks
- 3 KANYE WEST
Power
- 4 MIIKE SNOW
Animal
- 5 DAN BLACK
U + Me
- 6 COLDPLAY
Lost!
- 7 KENNA
Face the Gun
- 8 JIMI HENDRIX
Hey Joe
- 9 KINGS OF LEON
Frontier City
- 10 MGMT
Congratulations

Top 3 Jay-Z lyrical burns



I'm a hustler homey / You a customer crony / Got some dirt on my shoulder / Could you brush it off for me? *Dirt Off Your Shoulder*

If ya'll can't already see I ain't worried about ya'll 'cause I'm already me / Do you already, enough of the complaining boo-hoo's, already / Eat food already, ain't nothing given, you gotta claim your shoes already *Already Home*

Hey lil' soldier you ain't ready for war / R.O.C. too strong for y'all / It's like bringin' a knife to a gunfight, pen to a test / Your chest in the line of fire witcha' thin-ass vest *Takeover*

Hottest haircuts of music

As voted by *Women's Health* readers



- 1 Bed head (Jack White)
- 2 Emo sweep (Pete Wentz)
- 3 Rock 'fro (Jimi Hendrix)
- 4 The fade (Kanye West)
- 5 Mohawk (Travis Barker)
- 6 Dreads (T-Pain)

Hottest wives of music

As voted by *Men's Health* readers

1. Heidi Klum
2. Beyoncé
3. Faith Hill
4. Gwen Stefani
5. Gwyneth Paltrow



WireImage (Kid Cudi), MR Photo/Corbis Outline (Jay-Z), FilmMagic (Beyoncé), Henry Diltz/Corbis (Hendrix), Antagonist/Stockphoto (wasp)

Animals to avoid

The top five most lethal creatures, by number of U.S. deaths from 2002 to 2006

Hornet, wasp, bee:

315 deaths

Dog: 142

Spider: 46

Snake: 26

Alligator, crocodile: 4

Not dangerous: Chamillionaires, Felix da Housecats, or Danger Mice

The best way to celebrate

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Cotton/polyester. S-XXL. \$65.

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waist. Cotton/polyester.

S-XXL. \$40.

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BULLETINS

The latest news on health, sex, nutrition, exercise, and weight loss



POWER TO THE PEDAL

Shore up your weakest link
for more pedaling power

Your lungs and legs aren't entirely to blame for that power drain you feel at the end of a ride. Tired ankles transfer less power to the pedals when a cyclist approaches exhaustion, a new Brazilian study found. As their cadence slowed, cyclists in the study generated more force from their hips and knees. But they had to work harder to keep their ankles stiff and became less efficient at cranking the pedals, the researchers say. One fix for Jell-O ankles: walking heel raises. "Go barefoot—that way your ankles rely on their own supporting mechanisms, not on shoes, to maintain rigidity," says Tim Pelot, M.S., C.S.C.S., a sports physiologist for the U.S. Olympic Committee. Grab a pair of dumbbells, stand on the balls of your feet, and take short steps forward for about 60 feet. Do this four or five times, 3 days a week.

PHOTOGRAPH BY STEPHEN LEWIS

WEIGHT LOSS

WorldMags® - Digital Magazines

BULLETIN

Edited by Maria Masters

61

NUMBER OF CALORIES YOU BURN IN 15 MINUTES OF WALKING A DOG

Source: American College of Sports Medicine



Dog walkers have healthier cholesterol levels and lower blood pressure.

THE TRUTH ABOUT EXERCISE

Don't stop working out. Contrary to some findings, **exercise doesn't spur you to eat more later in the day**, say U.K. researchers. In their study, men who ran on a treadmill for 90 minutes consumed just as many calories over the next 24 hours as they did on the days they didn't work out. One possible explanation offered by the scientists: Exercise may suppress ghrelin, a hormone that stimulates appetite.

A losing battle?

One in three people are obese and one in 10 have diabetes, but health officials aren't doing much about it. The *American Journal of Public Health* reveals that only half of local health departments screen people for diabetes or actively try to prevent obesity. The usual reason: not enough resources or workers, the study authors say.

ON OUR RADAR

DON'T SWEAT THE SCALE

Regained some weight? That may not mean you're less healthy: **Exercise benefits persist even after you put a few pounds back on**, say University of Missouri scientists. In the study, dieters who had regained half the weight they'd lost but kept exercising 5 days a week were able to maintain beneficial levels of HDL (good) cholesterol, blood pressure, and insulin sensitivity.

GUILT TRIPS

Whatever keeps you moving is good for weight loss—even if it means picking up poop. A new George Washington University study suggests that **walking your dog can help you stay lean**. The researchers found that people who walk their dogs are half as likely to be overweight as couch-bound dog owners. Sure, active people may be more likely to adopt a dog, but there are other factors: "You may feel guilty if your dog doesn't get a lot of activity," says study author Cindy Lentino, M.S. "That guilt could motivate you to walk your pet more and become more active."



FOOD COURT

The crime

920

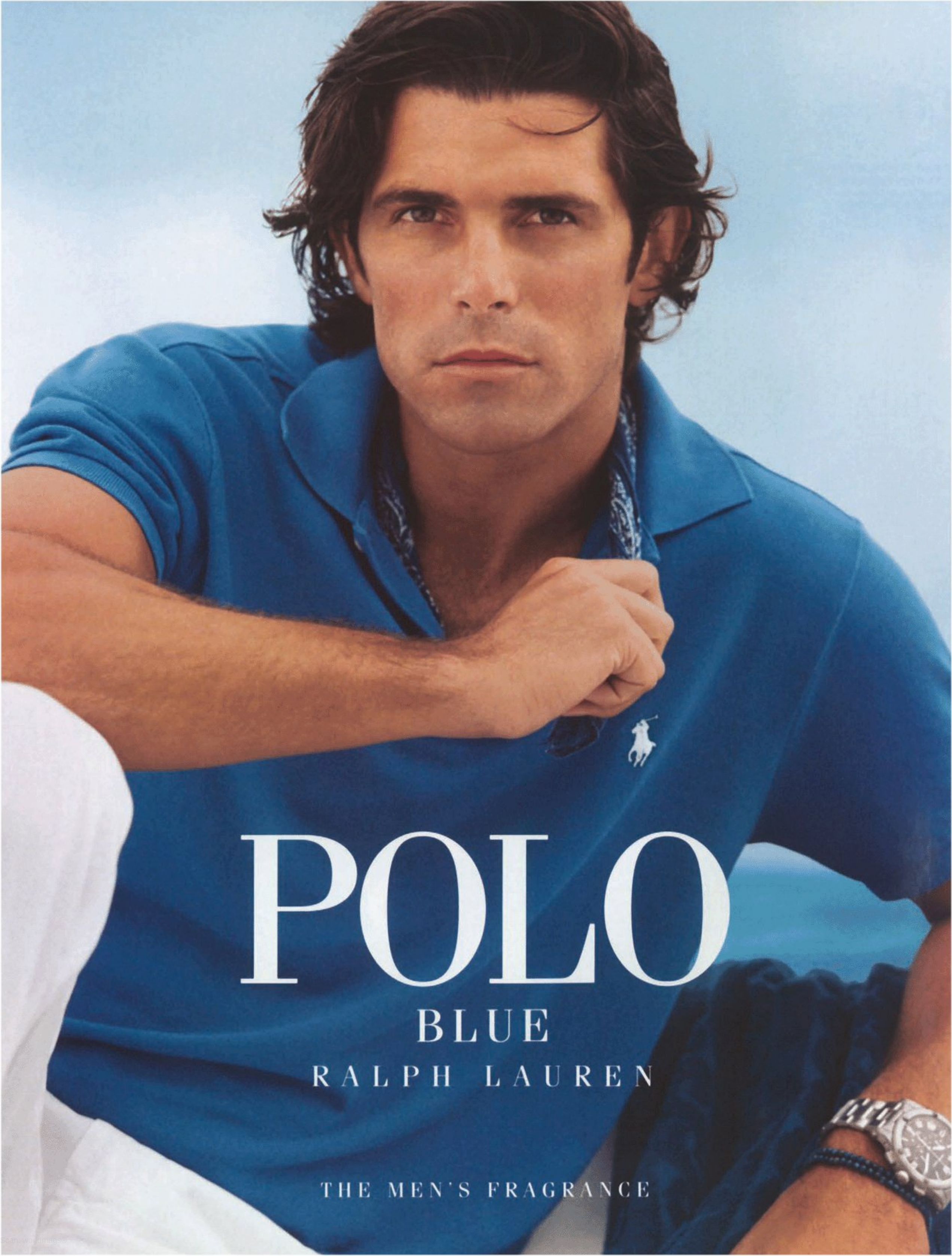
Number of calories in one dish of P.F. Chang's Crispy Honey Shrimp

The punishment

67

Number of minutes you'd have to spend continuously jumping rope to burn 920 calories

From top: Karen Morgan, THOMAS MACDONALD



POLO

BLUE

RALPH LAUREN

THE MEN'S FRAGRANCE

POLO

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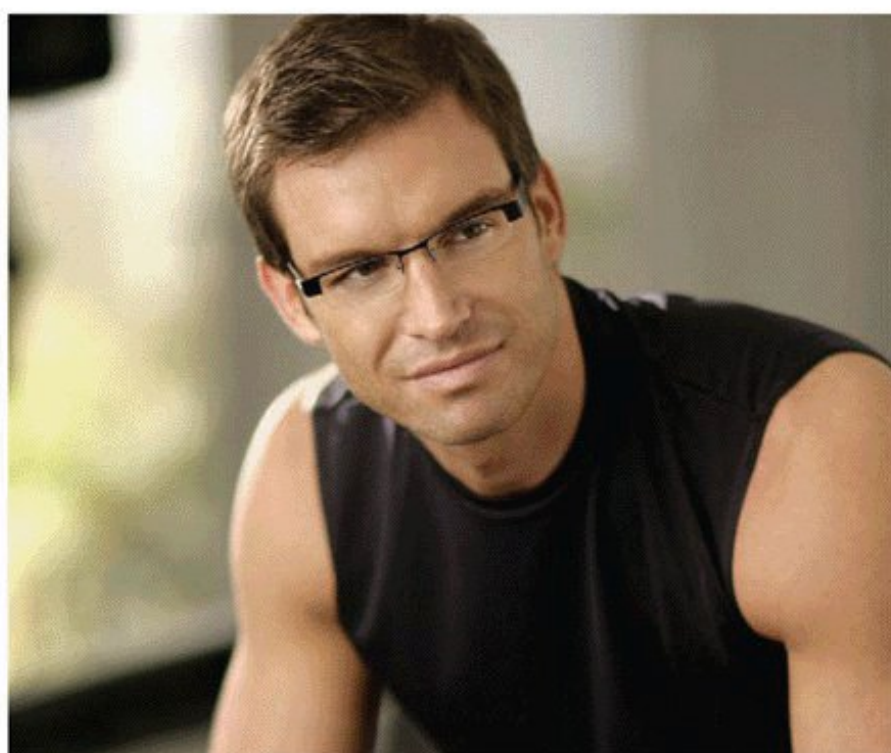
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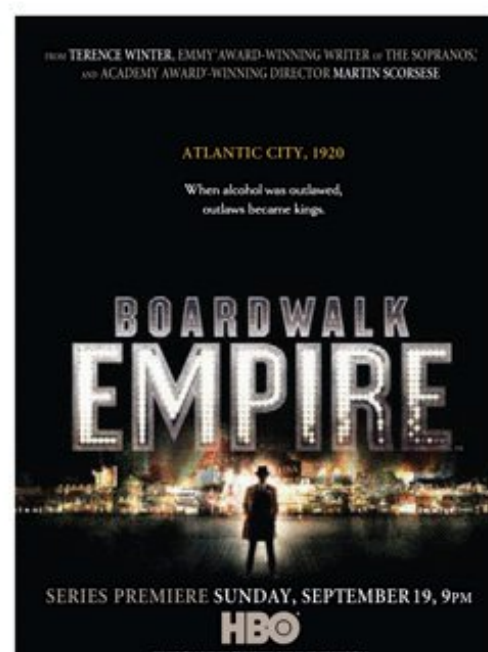
This Fall Universal Has Something For Everyone:

Russell Crowe reunites with *Gladiator* director Ridley Scott for the epic action-adventure *Robin Hood*, on Blu-ray™ and DVD September 21. And this year's most outrageous comedy, *Get Him to the Greek* starring Jonah Hill and Russell Brand debuts on Blu-ray™ and DVD September 28. Both feature a never-before-seen unrated cut as well as the theatrical film version.



Mike Rowe has Good Jeans

Lee is stepping up its game and introducing its strongest, most comfortable jeans with new Premium Select. As always, they are bringing men the quality, value and good looks they demand. Lee also has teamed up with Mike Rowe, host of *Dirty Jobs*. Together, they will show regular guys everywhere that Lee designs jeans that fit great, are comfortable and will allow them to get the job done, whatever it may be. Visit lee.com.



HBO

Boardwalk Empire

From Emmy® Award-Winning Writer of *The Sopranos*®, Terence Winter, and Academy® Award-Winning Director Martin Scorsese, *Boardwalk Empire* is the new, highly-anticipated drama series from HBO. Set in Atlantic City, 1920 at the dawn of Prohibition, *Boardwalk Empire* chronicles the life and times of Nucky Thompson, the city's undisputed political ruler and criminal mastermind. Series premiere Sunday, September 19 at 9pm.

hbo.com/boardwalkempire

SNUFF OUT STRESS

Smokers say that lighting up calms them down. And it does—but only because they're in withdrawal from their last cigarette, note U.K. researchers. They found that quitting is a better way to de-stress your life: Stress levels in people who kicked the cigs dropped 17 percent after a year, versus less than 4 percent for smokers

who couldn't quit. Lead study author Peter Hajek, Ph.D., says that smokers crave nicotine between cigarettes, and those withdrawal periods leave them stressed and irritable. **Make quitting easier by chewing vanilla-flavored gum;** Texas Tech researchers found that it reduced nicotine withdrawal symptoms more effectively than other gums tested.

Switch between nicotine gum and vanilla gum to help kick the habit for good.

WHAT'S GOOD FOR YOUR HEART...

Maybe we should start calling "good" cholesterol "great." **HDL cholesterol may cut your cancer risk,** according to the results of a new study review published in the *Journal of the American College of Cardiology*. When researchers analyzed 24 studies of 145,000 people, they discovered that as HDL cholesterol levels increased, cancer rates dropped significantly. The exact connection isn't clear, but one theory is that

KUNG FLU FIGHTING

Fend off the flu with the V defense: vaccine plus vitamin. A Yale University study showed that people with the highest blood levels of vitamin D had half the risk of catching the flu (or another viral respiratory infection) that those with a dearth of D had. And even when D-fortified folks had the flu, they spent less time laid up. We're prone to "D-ficiency" in the winter: The earth's axis tips the Northern Hemisphere away from the sun, reducing exposure to the sunlight your body uses to make vitamin D. Take a daily supplement of 1,000 IU of D₃.

HDL cholesterol possesses powerful anti-inflammatory properties that may help tame tumors. If you want to boost your HDL, you need to break a sweat: Burn at least 900 calories with 120 minutes of exercise a week.

THE REALITY OF BITES

Pets are loads of furry fun—until one of them impales you with its incisors. Worst case, some bites will require antibiotics, says Itzhak Brook, M.D., an infectious-diseases specialist at Georgetown University. Our guide can help you figure out if you need meds. First, wash the wound for 5 minutes. Then rinse it, pat it dry, and bandage it. If the bite bleeds longer than 10 minutes, is near a joint or bone, or is on your face or head, go to a hospital ER.

Do I need antibiotics?

DOG



A dog bite may require antibiotics, especially if the wound was difficult to clean or wasn't cleaned immediately. If the site shows signs of infection (redness, warmth, swelling, discharge, or increasing pain), see a doctor.

CAT



Cats have long, sharp teeth, which can drive bacteria beyond the reach of soap and water. Talk to your doctor about starting a course of antibiotics.

FERRET, HAMSTER, GERBIL, GUINEA PIG



While their bites rarely cause serious wounds, these pets can carry disease-causing bacteria. If a bite from one of them shows any sign of infection (see above), consult your doctor.

BIRD



If the bite shows signs of infection (see above), is located near your eyes or joints, or is on your hand, ask your doctor for antibiotics. Same goes if you experience flulike symptoms 7 to 14 days after the bite; you may have psittacosis, commonly known as parrot fever.

WILL I NEED A TETANUS OR RABIES SHOT?

- If you haven't had a tetanus booster in the past 5 years, ask for one. If the attack was unprovoked or the animal was foaming at the mouth, you'll likely need the rabies vaccine. Regardless, the bite should be reported and the animal observed for 10 days; if the animal shows no signs of rabies, you're okay.
- Since they live in cages and don't come in contact with other animals, hamsters, gerbils, and guinea pigs rarely carry rabies.
- Birds don't carry rabies.

ON OUR RADAR

Squash the bugs

A new discovery could be murder on MRSA. Scientists at Texas Tech and Baylor University have created an additive that they say can make existing antibiotics effective against superbugs that now shrug them off. The additive, called an aptamer, works by knocking out the enzymes the bacteria produce to resist the antibiotic, says Texas Tech developer Robert Shaw, Ph.D. Next up for the scientists: determining exactly which bacteria can be beaten.



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Edited by Carolyn Kylstra

AURAL PLEASURE

The noises a woman makes during intercourse don't always signal her orgasm, British researchers say. The 71 women in their study were more likely to climax during foreplay, but made the most intense noises during their partner's orgasm. Eighty-seven percent said they use noises to boost his self-esteem, and two-thirds do it to encourage him to finish. (The study cites pain, boredom, and time limitations.) Faking it allows women to manipulate male behavior, says study author Gayle Brewer, Ph.D. Intercourse can be your time; for her, use your tongue, lips, and fingers.

92

PERCENTAGE OF WOMEN WHO FEEL "VERY STRONGLY" THAT MAKING NOISES DURING SEX BOOSTS A MAN'S SELF-ESTEEM

Source: Archives of Sexual Behavior (the same U.K. study mentioned above)

THE WEAKER SEX

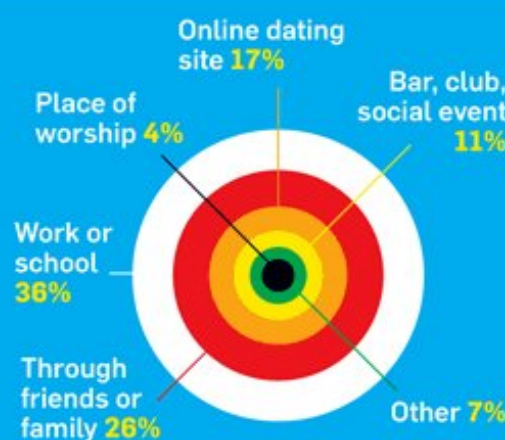
We may not be as tough as we think we are. According to a recent study in the *Journal of Health and Social Behavior*,

men are more affected by a relationship's ups and downs than women are,

Researchers who interviewed more than 1,600 people about the impact of relationships on mental health speculate that men often don't have an outlet for emotional support other than their wives or partners. So if a relationship goes bad, they have fewer people to turn to. Find people you can confide in, like close friends or family members. Just in case.

HOW I MATCHED YOUR MOTHER

Nearly one in six newlyweds from the past 3 years met through an online dating service.



Source: Survey of 7,000 recently married adults for Match.com. Numbers total more than 100 percent due to rounding.

ON OUR RADAR

Older can be better

On the prowl? You may want to rethink your age requirements. Women between the ages of 27 and 45 have greater sex drives than younger or older women do, say researchers from the University of Texas at Austin. They surveyed women about their frequency and intensity of sexual thoughts, willingness to sleep with relative strangers, and frequency of sexual activity. Blame (or thank) evolution: Declining fertility may subconsciously prompt them to seek sex so they can become pregnant before menopause.

HER GET-BUSY SIGNAL

You can take advantage of time apart. Women's testosterone levels peak as a period of separation nears its end, according to a study in *Hormones and Behavior*. Researchers who tested the saliva of 15 women in long-distance relationships found that the women's T-levels peaked the day before they saw their partners and the day after reunion sex. Just thinking about sex can affect her hormones, says study author Lisa Dawn Hamilton, Ph.D., and this could lead to increased sex drive. Consider Skype sex on your next business trip. She'll be even more revved up when you return.



Pamela Hanson/trunkarchive.com



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Edited by Paul Kita

THE TV DIET

Zap the TV commercials: Foods advertised on television are usually loaded with sugar and fat. Research in the *Journal of the American Dietetic Association* reveals that a 2,000-calorie diet of these foods would exceed the recommended daily allowance (RDA) for sugar by 25 times and the RDA for fat by 20 times.

40

NUMBER OF TV ADS FOR UNHEALTHY FOODS THAT THE AVERAGE AMERICAN IS EXPOSED TO EACH DAY

Source: *Journal of the American Dietetic Association*

ON OUR RADAR

Dark-chocolate defense

A compound in dark chocolate called epicatechin may help prevent brain damage from stroke, according to a study on mice from Johns Hopkins University. Epicatechin may halt poststroke cell death by boosting the cellular signals known to protect nerve cells from damage, according to Sylvain Doré, Ph.D., coauthor of the study. More research may determine if the effect is the same in humans.

EAT BETTER, THINK SMARTER

Your diet can affect your decisions. In a study at the University of South Dakota, people who replenished their diminished blood-glucose levels placed more value on future goals (like smart long-term investments) than on brief temptations (like splurging on a hot stock). But they raised their blood sugar by drinking a regular soda—not a wise tactic in the real world. To maintain steady levels and avoid sugar crashes, eat small, balanced meals throughout the day, says study coauthor Robert Dvorak.

DIRTY WORK

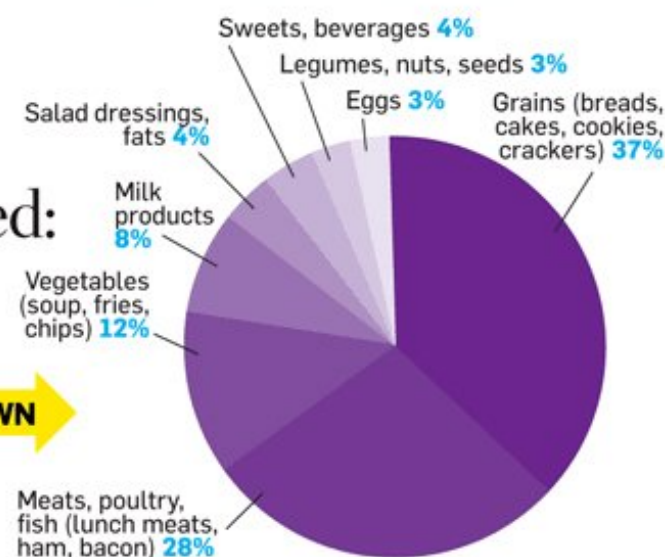
Researchers who placed hidden cameras in restaurants found that most food-safety violations occur during the breakfast and lunch rushes. Those are the times when workers tend to cut corners on hygiene, according to the *Journal of Food Protection*. Hit restaurants during their off-hours to reduce your risk.

SALT SOURCES

Nine out of 10 Americans exceed their recommended daily sodium limit, a recent CDC study reveals. To cut down, check the labels of processed foods in the categories where sodium tends to lurk.

Average amount of salt consumed:
3,466 mg/day

THE BREAKDOWN



Photograph by BARTHOLOMEW COOKE

Invest in a DVR and you might find yourself making better food choices.



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ON OUR
RADAR

Gloating makes you manly

Merely reliving an athletic triumph triggers a surge of testosterone, according to a recent U.S.-Canadian study. College hockey players—even the benchwarmers—who watched video of their victory showed T-level spikes of 42 percent. Researchers say further study could determine whether that surge could be used to boost performance.

UNNATURAL ADVANTAGE

Technical fabrics—typically sweat-wicking polyesters—are said to keep you drier and cooler. Now Lithuanian scientists confirm that **polyester cools your body more effectively than cotton does**. In the study, men who wore polyester tees cooled off significantly faster after running in the heat than those who wore cotton T-shirts. The less absorbent synthetic fiber spreads out sweat for fast evaporation, while cotton traps it. The runners wore tees of 93 percent polyester and 7 percent elastane, similar to the blend in Under Armour shirts.

67

PERCENTAGE OF WII FIT PLUS AND WII SPORTS EXERCISES THAT DON'T MEET RECOGNIZED GUIDELINES FOR MODERATE- OR VIGOROUS-INTENSITY ACTIVITY

Source: Medicine & Science in Sports & Exercise

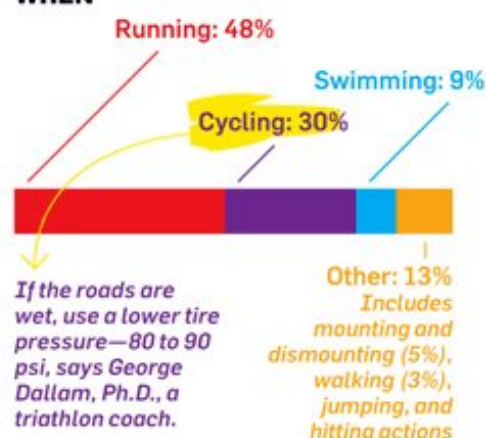
LEANING POWER

“Dig, dig, dig!” may not be the best advice to shout at a sprinter. A recent German study found that **the keys to acceleration are forward lean and longer contact between your foot and the ground**—not applying more force to the ground. Plant your foot farther than usual behind your center of mass for greater lean—this helps propel you at toe-off, the researchers say.

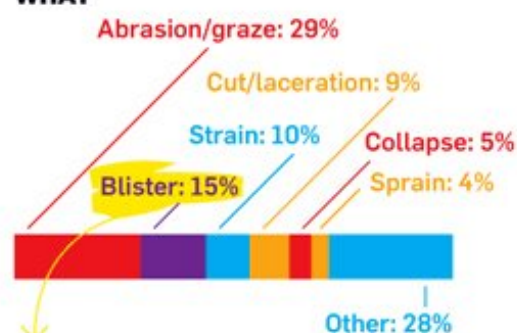
IRONMAN DOWN

Nearly 2 million Americans raced in triathlons last year, and injuries were part of the scene. Here's the breakdown.

WHEN



WHAT



Apply Bodyglide lube to blister-prone spots on your feet. It has no petroleum, which can damage shoes, Dallam says.

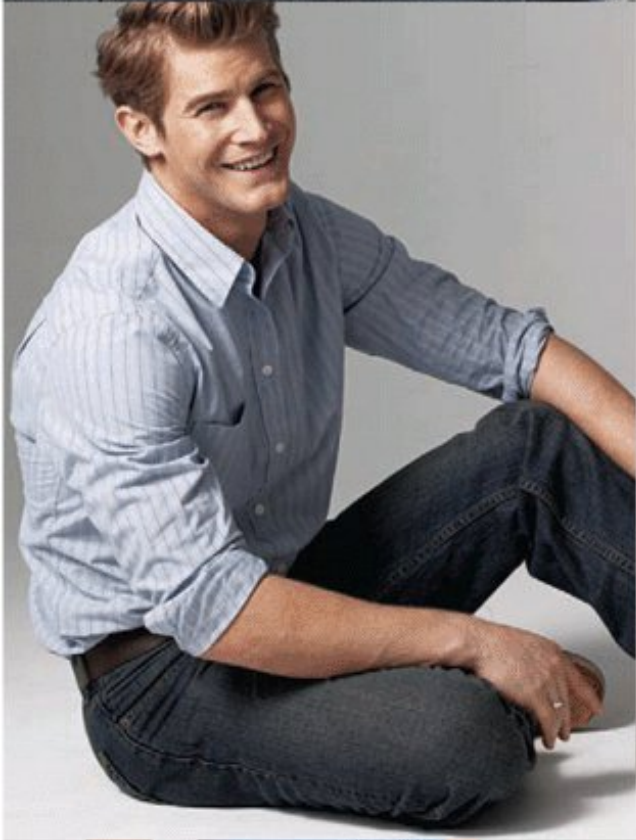
Source: American Journal of Sports Medicine

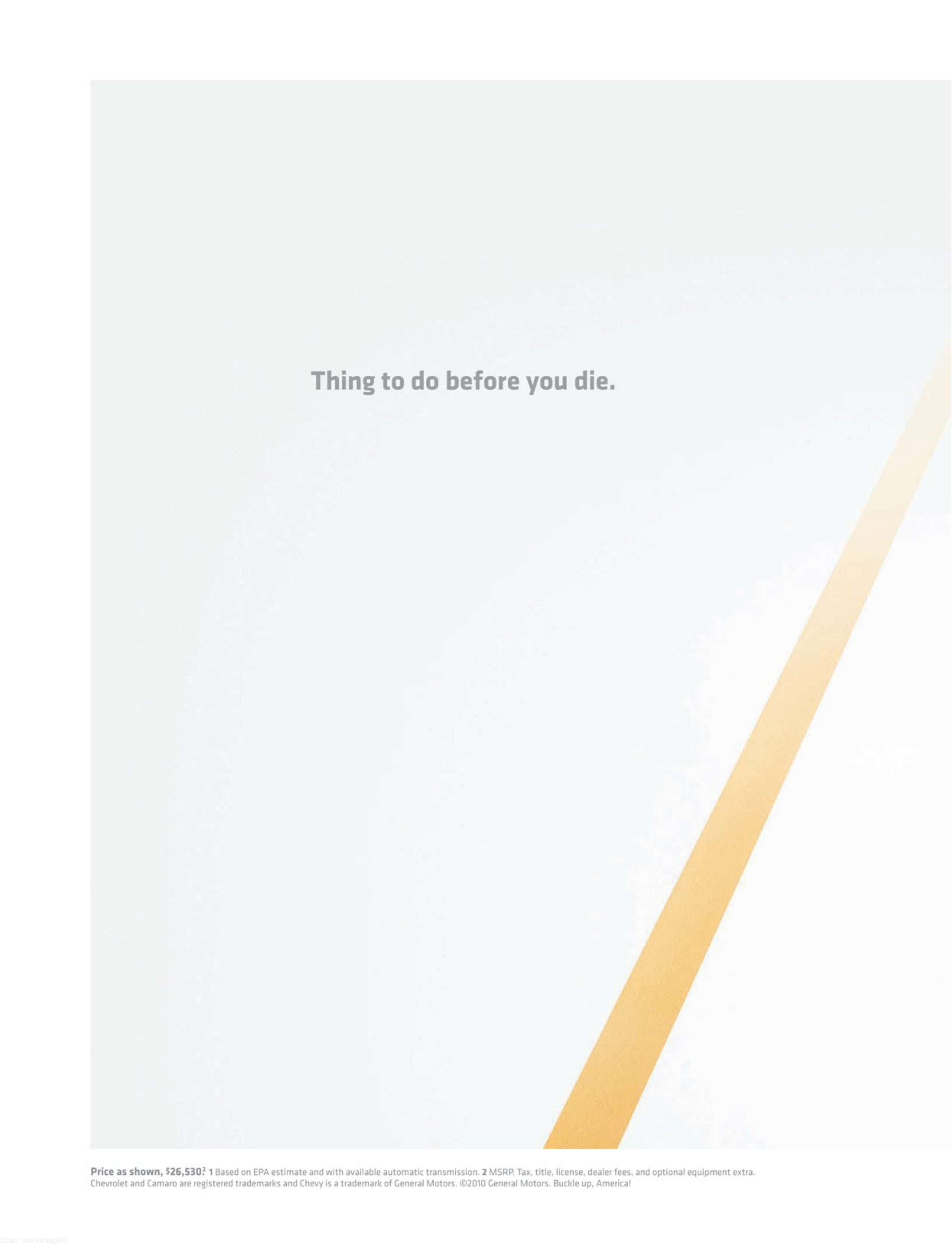


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THE EXERCISE EVERY ATHLETE MUST DO

The deadlift isn't just for powerlifters. Because it's a total-body exercise that builds strength, it can improve sports performance too, according to a new paper in *Strength and Conditioning Journal*. In fact, here are three variations of the classic move that can give you an edge on the court, the field, or even the slopes.



SUMO DEADLIFT

Roll a barbell against your shins and grab it using an overhand or mixed grip, your hands about 12 inches apart. Stand with your feet about twice shoulder-width apart and your toes pointed out. Bend at your hips and knees; without allowing your back to round, pull your torso up, thrust your hips forward, and stand up with the barbell. Lower the bar to the floor, keeping it as close to your body as possible.



SINGLE-ARM DEADLIFT

Place a dumbbell on the floor next to your right ankle. Bend at your hips and knees and grab the weight with your right hand. Without allowing your back to round, stand up with the dumbbell as you thrust your hips forward slightly. Lower the weight to the floor, and then repeat on your left side.

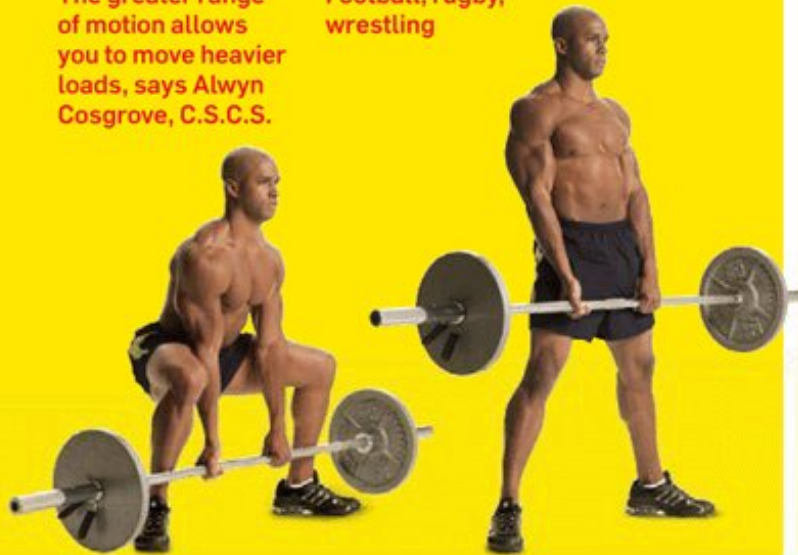


CLEAN PULL

With your feet shoulder-width apart, roll a barbell against your shins. Bend at your hips and knees and grasp the bar using a shoulder-width, overhand grip. Keeping your back naturally arched and your arms straight, pull the bar up by thrusting your hips forward, straightening your legs, rising on the balls of your feet, and shrugging your shoulders. Lower the bar to the floor, and repeat.

Benefit
The greater range of motion allows you to move heavier loads, says Alwyn Cosgrove, C.S.C.S.

Great for
Football, rugby, wrestling



Benefit
The imbalance of weight builds the stabilizing core muscles necessary for rotational or overhead sports, says Cosgrove.

Great for
Skiing, tennis, track-and-field throwing events



Benefit
This explosive lift extends your hips, knees, and ankles, which mimics jumping or sprinting, says Cosgrove.

Great for
Basketball, volleyball, Ultimate Frisbee



WHY MUSCLES AND VODKA DON'T MIX

Skip the screwdriver: **Drinking alcohol after you lift may slow muscle recovery**, according to new research from New Zealand. In the study, men who drank vodka and OJ half an hour after lifting were weaker 2 days later than the lifters who hadn't. Alcohol may alter immune function, slowing tissue repair, says study author Matthew Barnes, Ph.D.(c). A full meal before drinking can limit the effect, he says.

DUMBBELLS OR DRUGS?

Biceps offer more than flex appeal: **Muscle reduces insulin resistance**, a red flag for diabetes, say UCLA scientists. They found that people with low muscle mass were 67 percent more likely to be insulin resistant than their brawnier counterparts. Without enough muscle, your body struggles to use insulin to regulate blood

sugar, which may trigger type 2 diabetes. Bulk up with this month's poster workout from Drew Brees's trainer.

LAT-PULLDOWN SECRET

Don't sweat the details: **When you do lat pulldowns, it doesn't matter how far apart or close together you place your hands**, say Penn State researchers. Turns out,

you activate your lats the same. Still, the way you grab the bar could make a difference. "Using an overhand grip puts you at a mechanical disadvantage compared with an underhand grip," says study author Daniel Russell, Ph.D. "And that forces your lats to work harder to move the same weight." Surprisingly, the scientists found no difference between grips for any other muscle groups, including the biceps.





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EDITED BY JASON FEIFER

Drive Her Mad, Men

ALISON BRIE, WHO PLAYS TRUDY CAMPBELL ON MAD MEN, HAS COME TO APPRECIATE TRADITIONAL CHARMS. ARE YOU LISTENING, GUYS?

BY CAROLYN KYLSTRA
PHOTOGRAPHS BY GEORGE HOLZ

Alison Brie was gunning it. A guy she liked had invited her to a concert. She'd been stuck late at work, and he was saving her a spot at the venue while she raced over and . . . There went the car. Out of gas. Great. So she called him from the side of the road. "He got so mad at me!" the 26-year-old actress says, still indignant. "He gave me such a hard time and made me feel really guilty about possibly missing this date. So I felt obligated to go." Which meant hiking

a mile to buy gas and then showing up at the concert hardly in the mood to rock, which he clearly didn't notice. "And then he was all bummed that I didn't take him up on his offer to drive us both back to his place."

Baffling, right? What kind of idiot strands a woman—any woman, really, but come on, *look at her*—on the side of the road just so he won't miss some rock band's smoke-machine entrance? Especially given the fact that if he'd abandoned the show to rescue her, the date would have gone way better than he'd originally planned.

A word about Brie: Her roles are all wrong. Upright housewife Trudy Campbell on *Mad Men*? Uptight student on *Community*? How she manages to reel herself in is remarkable. In real life, Brie is all over the place: a loud, theater-trained art-school grad raised by "hippie parents," energetic on just an hour of sleep, best-friend-hanging-on-your-couch cool. At our photo shoot, her top literally fell off in front of everyone, and she just shrugged, amused, as all eyes sunk south. (Jealous you weren't there?)

But after enough dates with the likes of Concert Guy, she's suddenly . . . traditional. "There's something to be said for a man who'll pick you up for a date—actually drive to your house and ring your doorbell," she says. "In high school I dated emo guys who were sort of effeminate or androgynous. But after college, something clicked and I started dating men from the Midwest, men who shot guns and hunted. I think it's carnal to be attracted to a guy who looks like a man, who has hair on his body and smells like a man."

She pauses, and laughs: "Strange thing to learn about myself."

But not so strange, really. This is what happens after enough bad dates: Women begin looking everywhere for signs of maturity. They're not judging you—they're protecting themselves. Soon, every indicator matters. Sense of humor. Reading habits. Table manners. Ties. (Seriously, ties!) Brie—understandably, after spending three seasons deep in the 1960s on cable's AMC channel—prefers that era's skinny ties. She thinks they make men look as if they put thought into their attire. "I don't like how men these days dress like they're 15 until they're 60," she says.

These days, she says. Men, this is how fast a woman evolves. It's how fast you have to keep up. And if a free spirit like Brie is saying that, it's really worth listening to.



Styling: Louri Eisenberg/See Management; hair: Tomo Nekojima/Sally Hersherberger products/Halley Resources; makeup: Sheri Terry/CSL Beauty/celestineagency.com; opening spread: JLee Silver slip dress, Alex Woo necklace, Ten Thousand Things ring; this page: Brochu Walker top, CLO Intimo panties, Christopher Kaufmann necklace and pendant

Alison Brie, translated How you can (and should) put her desires into action

Make a memorable entrance

Brie says, "The first thing I notice about a man is how he carries himself—the way a man enters a room can be incredibly sexy."

Your move: "Before entering a room, exhale gently, pulling your belly button toward your spine," says Janice Novak, M.S., author of *Posture, Get It Straight!* "Your abs will contract, aligning your lower back, flattening your stomach, and making you look confident and fit."

Be dynamic

Brie says, "It sounds so old-fashioned, but I want a guy who's sensitive enough to understand what I'm going through and who will defend my honor."

Your move: A 2008 study in the journal *Personal Relationships* reports that women tend to prefer men who are competitive in athletics but not in relationships. So let her see you fired up, but never direct it at her. Your competitiveness should work for her—you're a team.

Create compatibility

Brie says, "If our kissing isn't in sync, it's over."

Your move: Every first kiss is a little awkward, so quickly learn her likes and dislikes—with your hands. "For a woman, hands are part of kissing—how you touch her or pull her closer," says Dorree Lynn, Ph.D., author of *Sex for Grownups*. More contact leads to more signals; whenever she pulls toward you or mirrors your moves, note what you did to trigger it. Then repeat.

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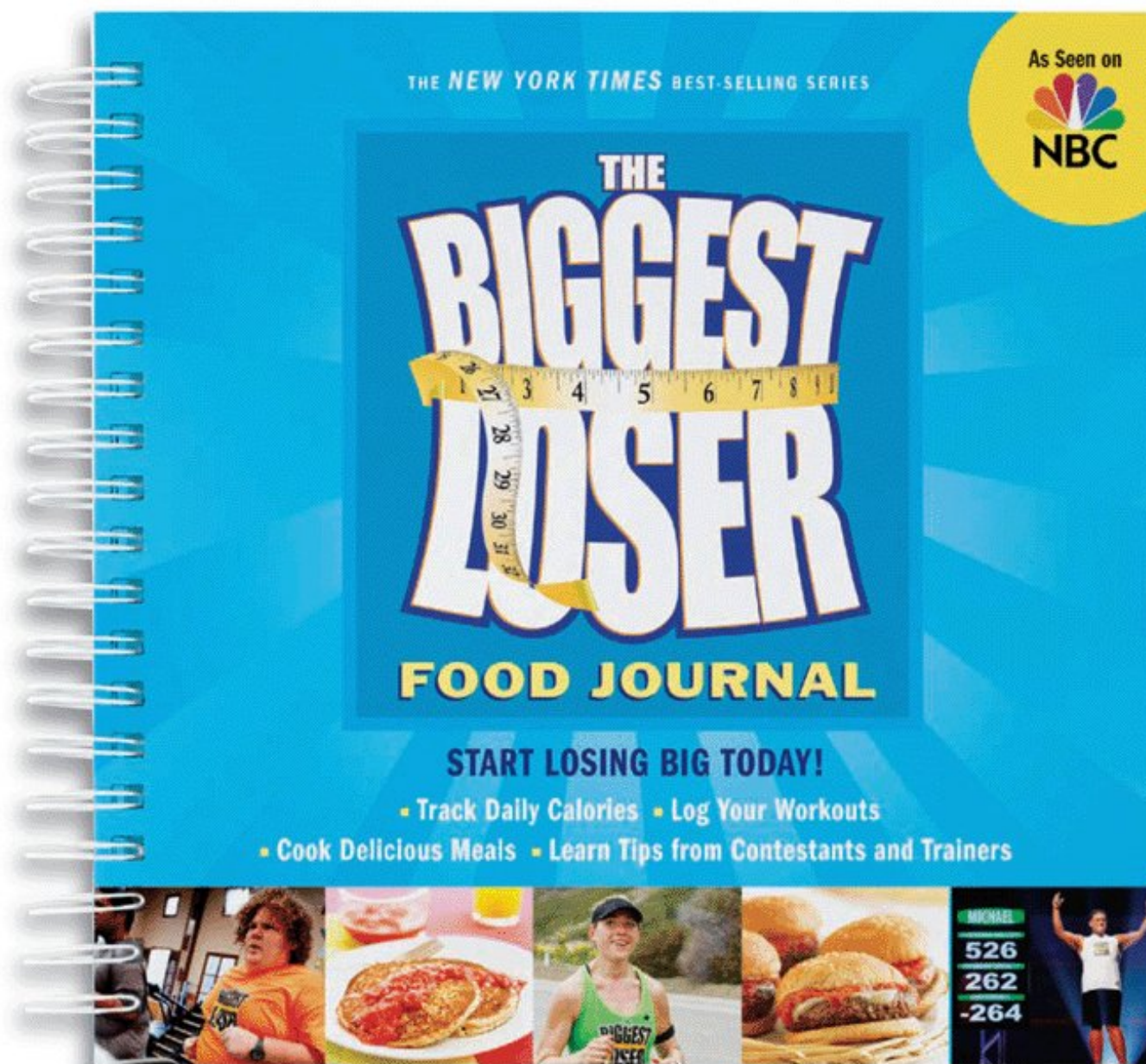


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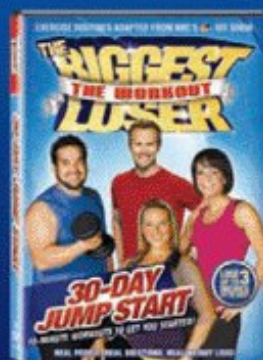


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Stand and Deliver

BUILD YOUR ENTIRE BODY WHILE STAYING OFF YOUR BUTT

You sit plenty at your desk—don't do the same at the gym. "Exercises that don't involve sitting are great for burning fat and helping you become more athletic," says Tony Gentilcore, C.S.C.S., co-owner of Cressey Performance, in Hudson, Massachusetts. This workout can keep you moving, train your muscles in multiple directions, and accelerate strength gains.



Do this Perform all four exercises as a circuit. Rest only afterward, for 60 to 90 seconds. Repeat until your 15 minutes are up.



1 In-place Heiden

Stand with your hips pushed back and knees slightly bent. Dip your knees slightly, and then explosively hop off your right leg, swinging your arms and moving to your left. Land on your left foot; stick the landing. Pause, and then reverse the movement to the right. Repeat for 30 seconds.



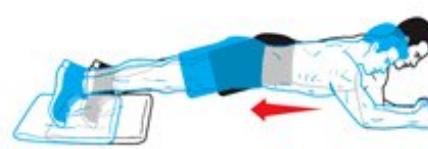
2 Dumbbell goblet squat with pulse

Hold a dumbbell vertically at chest level, using both hands to cup one end of the weight. Brace your abs and lower your body by pushing your hips back and bending your knees. Pause, and press the weight in front of you until your arms are fully extended. Bring it back to your chest and stand up. Do 8 to 10 reps.



3 Spider-man pushup

Assume a standard pushup position, your body aligned from ankles to head. As you lower your body toward the floor, lift your right foot, swing your right leg out sideways, and try to touch your knee to your elbow. Return to the starting position, and repeat with your left leg. Do 5 to 6 reps with each leg.

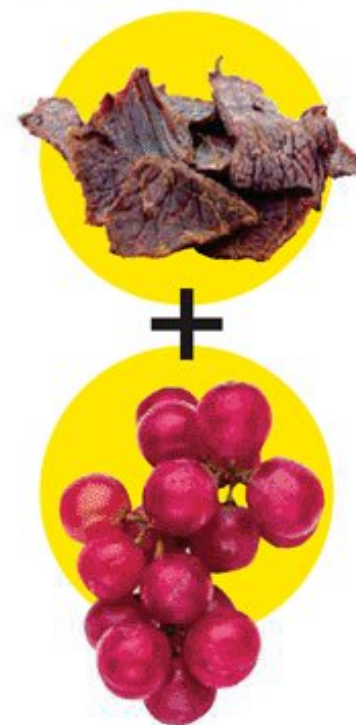


4 Bodysaw

Place a towel on the floor, and assume a plank position with your feet on the towel. Brace your abs and squeeze your glutes, and then "push" yourself backward with your upper arms, with your feet sliding the towel. You'll feel your core engage. Now return to the starting position. If your hips sag, you've pushed too far. Do 8 to 10 reps.

Snack at the office

If you work out midday, recharge with at least 20 grams of protein and not much fat (because too much fat slows nutrient absorption). Nutritionist Alan Aragon, M.S., has some cubicle-friendly options.



2 to 3 ounces of beef jerky and a bowl of grapes

Beef jerky has 9 grams of protein per ounce, and grapes (or any fruit) add carbohydrates, which can help prevent muscle breakdown.

1 cup cottage cheese with 1/4 cup dried fruit

A quarter cup of dried fruit packs more carbs than a full cup of sliced fresh fruit. Mix it with the cottage cheese for a total of nearly 30 grams of protein.

2 tall glasses of skim milk

You'll take in more than 20 grams of protein in 24 ounces of milk. Chocolate milk works great too. You earned a treat.

1 cup Greek yogurt

An 8-ounce serving packs 23 grams of protein and 9 grams of carbs without an ounce of fat. Add honey as a sweetener.

Clockwise from top left: KEVIN ZACHER, styling: Kacia Clark/celestineagency.com; BW Folsom/shutterstock; Jules Frazier/Photodisc/Getty Images; Kagan McLeod (4)



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Saved by the Bell

U.S. ARMY SERGEANT EMMANUEL ESCOBEDO SCREWED UP, BUT HIS COMEBACK MADE HIM A HERO

EMMANUEL ESCOBEDO HAD BEEN A LEADER IN Iraq, but back home he became a drinker. Alcohol eased the stress. It distracted him from his loneliness, with his wife and four children living so far from Fort Hood, Texas, the base where he was staying. And then, inevitably, it introduced him at 5 a.m. to a police officer who shined his flashlight into the sergeant's eyes and arrested him for drunk driving.

It was May 2009, and Escobedo had been back in the United States for 6 months. The army threatened to demote him. His driver's license was taken. He had fines to pay. So he made the unthinkable request: *Send me back to Iraq.* There, at least, this wouldn't dog him. "But my first sergeant said, 'I'm sorry, but you're staying—and it's going to be hard,'" Escobedo says. "I could have insisted and gone. But I stopped. I realized there was a reason I should stay."

A mistake is not a *thing*, hardened and unchangeable. It's part of a story. Run away from it, though, and it becomes all there is to say. "I thought of my kids. They know me as a sergeant, a leader, more than just a soldier. I spoke in their schools, and I was their hero. I couldn't lose that," he says. Then he saw salvation: a boxing tournament. These events are held regularly in the army. He'd even begun training for one during his drinking days, but he was so out of shape that he quit early. This time, though, he'd fight.

Cue the *Rocky* theme: Escobedo stopped drinking, stopped even hanging out with his friends from the bars. He hit the gym, slammed the bags. On

Emmanuel Escobedo trains in a gym at Fort Hood.

Photograph by JOHN LOOMIS

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AVAILABLE AT



Saturdays he woke up early to run, and he ran again in the afternoon. By night he was too tired to go out. It was better that way.

When the tournament came, three boxing rings were set up on a basketball court. Escobedo fought and won. Fought and won. After a week, two rings were gone and he'd made it to the final: one bout, one winner. A Don King look-alike escorted him to the ring, and 1,500 soldiers watched, roared, expected. "I just thought, *Wow, if I get my ass whupped, it's going to make me look real bad,*" he says.

No need for that: He won.

When Escobedo was drinking, people didn't take him seriously. One of his superiors laughed when he promised to quit. But that changed after the fight. "If people see you winning, it motivates them to try something themselves," he says. "Even now, when people see me, they cheer. They're still hyped up." People need inspiration. They love role models. It's never too late to be that man.

The army knows this. When Escobedo's superiors saw how he inspired others, they put him in charge of a special-population program to train soldiers who can't pass the fitness test. The test is a doozy: To ace it, a 30-year-old man like Escobedo must run 2 miles in 13 minutes and 18 seconds. Then there are situps (82 in 2 minutes) and pushups (77 in 2 minutes).

He didn't ask for the position. In the army, he jokes, you don't volunteer; you're voluntold. But he's a natural at the job. His DUI, that mistake he tried running away from, is his credential. The soldiers take him more seriously; he knows struggle.

And when the entire base suffered a blow—13 soldiers killed and 30 wounded last November, after an army psychologist opened fire—the pace of life changed for weeks. There was no time for his training sessions, and Escobedo thought back to how stress could derail hard work. "So whenever I'd see my soldiers around, I'd warn them, 'When we're back on a regular schedule, my demands aren't going to change. There's no slack.'"

He was telling them to stay with the challenge, as he had. It's the only way forward.

JASON FEIFER

To read about how the U.S. Army now helps soldiers cope psychologically, see this month's Special Report.

ESCOBEDO'S FAVORITE TRAINING TOOLS



1

Boxing gloves

Escobedo prefers 20-ounce Everlast gloves, with hook and loop. "They build endurance and reduce injuries at the hands and elbows, especially when you're hitting a heavy bag."



2

Inspiration

Escobedo puts his struggles in perspective by keeping a copy of *Medal of Honor*, by Master Sergeant Roy Benavidez. "To read about everything he went through is very humbling."

3

Jump rope

He goes 15 to 20 minutes nonstop. "It's one of the best calf exercises," he says. Or he does four rounds of 5 minutes each, with a minute of pushups between.



THE ARMY TRAINING GUIDE

TAKE THESE NEW ORDERS

The army is changing the way it trains new soldiers, focusing on total-body conditioning rather than on working to exhaustion, says Lt. Gen. Mark Hertling, deputy commanding general for Initial Military Training. Follow his lead.

Change

Hertling often sees fit guys fail: "Former high-school football players may do short bursts, then they're gassed." Why? You need strength and endurance. So vary your work. In a Brazilian study, lifters who rotated among 4, 10, and 15 reps outperformed those who did the same number of reps.

Move

Basic-training workouts used to start with lots of stretching. "But now we use calisthenics drills," he says. Do the same: 5-rep sets of jumping jacks, pushups, and squats for 5 minutes with no rest. Military researchers found that active warmups help men move better than static routines do.

Refuel

Basic trainees now receive nightly snacks to help their bodies mend. This practice can help you eat less. St. Louis University scientists found that nighttime bingers who ate a snack 90 minutes after dinner were less likely to overeat. Try a 150-calorie snack with protein, fat, and fiber, such as yogurt and fruit.

YOUR BASIC-TRAINING DRILL

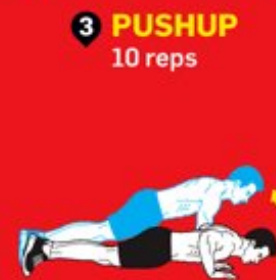
Pushups, body-weight squats, and sprints—they're found throughout the army's training manual. But combined, they make up one of the toughest workouts you can do, says Cosgrove. Do this anywhere.



1
SQUAT
10 reps



2 **SPRINT**
40 yards



3 **PUSHUP**
10 reps



4 **SPRINT**
40 yards

That's one round. Rest for as long as you need; repeat until you've done 10 rounds.

Drop and give me 20?

Not anymore. The army's new guideline admits that when you punish people by pushing them past their limit, they're more likely to lapse into bad form and injure themselves. Now a soldier can be ordered to do only one of the exercises at right—and only for 5 reps.

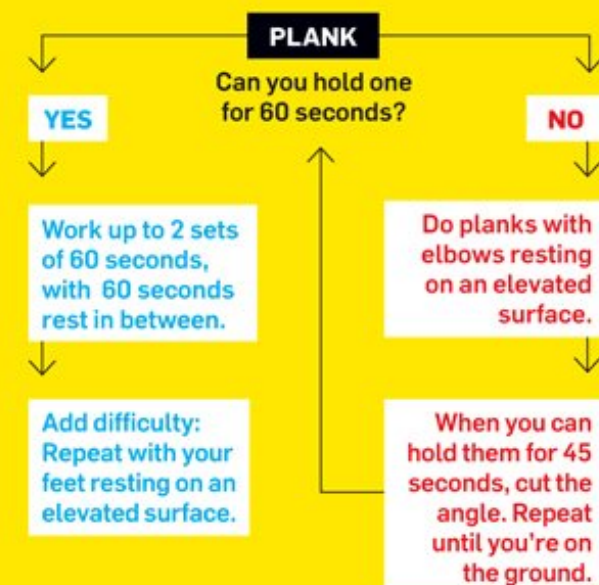
- Rower
- Squat bender
- Windmill
- Prone row
- Pushup
- V-up

- Leg tuck and twist
- Supine bicycle
- Swimmer
- 8-count pushup

To see descriptions of all these moves, visit MensHealth.com/armyfit.

Save your back

Don't use situps to test your strength; they round your lower back, increasing the risk of a herniated disk. Besides, research shows that planks work your abs better. Work on this plank plan two or three times a week; it's from Alwyn Cosgrove, C.S.C.S., owner of Results Fitness Training in Santa Clarita, California.



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WE KNOW BECAUSE
WE RUN.

Q Why won't my girlfriend let me take tasteful nude photos of her?

RYAN, NASHVILLE, TN

Here's why: Every woman knows someone who's had naughty pics end up online. For that reason alone, I wouldn't let a guy do it unless I had full control of the evidence. Your best shot: effusive (and honest) compliments—you want to shoot her because she's *just that sexy*. Promise soft lighting, and hand her a glass of wine beforehand. Delete unflattering shots before you show her the results. Then let her delete the rest if she wants to.



"Dear Twitter, Date going well so far. It's about to improve..."

I'm seeing a woman who tweets about our dates—all positive, but still freaky. Can I tell her to stop?

ALEX, BURLINGTON, VT

Absolutely. But be careful: If you come off as secretive, she'll worry about your reasons. (Do I embarrass him? Does he not want other women to know about us?) So say that you're flattered but the personal details make you self-conscious. Turn it into a joke: Tell her that tweeting "Alex is the hottest man ever!" is okay, but repeating things you said is too much. If she's not down with that, she's a girl without boundaries. Say, "Later, Tweetheart."

If it's clearly a one-night stand, what do I do after the sex? I don't want to overstay my welcome.

IAN, COLUMBIA, MD

Sleeping till noon and then asking for waffles—that's overstaying a welcome. Unless she explicitly tells you otherwise, spend the damn night and slink off when the sun rises. No woman wants to feel it was only about the sex, even if you both know it was. You don't need to hold her for hours, but some chitchat over a glass of water or orange juice would be nice. And hey, if she's happy to see you in the morning, you might even score round two.

My girlfriend says she likes her toes sucked—but yuck, do I really have to?

PETER, SAN DIEGO, CA

Oh, please. Men should jump at these chances. It's not much of a sacrifice, and she'll owe you big time. Cost-to-benefit ratio, Peter! Just pop some champagne, draw a hot bath, and hop in with her. When you're both clean, take a sip of bubbly and suck on her toes with your mouth still tingling. She'll love the sensation nearly as much as your willingness to please. And your mouth won't feel gross. See? Everyone's a winner! Especially when it's her turn to return the favor.

I'm really into my parents' friends' daughter. Is she off-limits?

KYLE, DACULA, GA

The only reason she'd be off-limits is if you planned to treat her poorly—use her for sex, break her heart, or abuse her in any way. You'll be under more than the usual scrutiny, so no games. And who knows, it could be instructive: What if you always dated women as if others were watching? It might be worth dating her just to find out how easy and noble doing that really is. And you've already met her parents—one less thing to worry about.

The problem

I want to buy my wife something sexy, but she's insecure about her body.

The solution

Fishnets show skin, but mask cellulite. And they're definitely sexy.



Become a Facebook fan. "Like" her at [facebook.com/CarolynKylstraGND/](https://www.facebook.com/CarolynKylstraGND/).

Steal this move

"Touch me here..."

Think you know what your girlfriend likes? You may not. "People assume they know what turns their partner on, but it's better to hear it from the partner directly," says sex educator Lou Paget, author of *The Great Lover Playbook*. Here's her version of *The Newlywed Game*.

- 1 Pick three questions that will yield flattering answers. Start with, "What part of my body turns you on the most?"
- 2 Write down on a piece of paper what you think your partner will say. Now tell her your answer. Exchange papers and explain the answers you wrote.
- 3 Game over. Now put what you learned into action.

If you opt for thigh-highs, avoid the "stay-up" kind—they're unflattering. Choose one with a garter belt instead.



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The Power of Pumpkin

Think it's just for carving? Then you don't know jack about this nutritious, delicious squash

There's more to pumpkin than pie. Canned or fresh, pumpkin is loaded with fiber, immunity-boosting vitamin A, and incredible flavor. Use it to make these awesome seasonal pancakes, courtesy of Jodi Hartz, owner of the Griddle Café in Los Angeles.

Pumpkin Pancakes

YOU'LL NEED

- 2 cups of your favorite dry pancake mix
- 3 Tbsp dark-brown sugar
- 2½ tsp pumpkin-pie spice
- 1½ cups milk
- 1 cup canned pure pumpkin puree (not pie filling)
- 1 egg, beaten
- 1 tsp pure vanilla extract
- 1 Tbsp vegetable oil, plus more for the griddle
- Pure maple syrup

HOW TO MAKE IT

1 In a large bowl, combine the pancake mix, brown sugar, and pumpkin pie spice. In another large bowl, mix together the milk, pumpkin, egg, vanilla extract, and oil. Add the pumpkin mixture to the dry ingredients and stir to combine.

2 Heat a lightly oiled griddle or large frying pan on medium high. Pour the batter onto the griddle, using approximately ¼ cup for each pancake. Cook the pancakes until bubbles form in the batter and the edges begin to brown. Then flip them and cook until the other sides are lightly browned.

3 Serve the pancakes drizzled with maple syrup. *Makes 20 pancakes*

PER 3 PANCAKES 300 calories, 8 grams (g) protein, 6 g fat, 55 g carbs (4 g fiber), 465 milligrams (mg) sodium



Just 1 tablespoon of syrup has 50 calories. Go easy on the sweet stuff.

Blend your own puree

Want to make your pancakes even better? Whip up some real pumpkin puree to add to the batter. Heck, make a big batch. It's great as a base for soup, too.

- 1** Buy a pie pumpkin, up to 4 pounds. It's smaller and sweeter than a typical jack-o'-lantern pumpkin, and has a less grainy texture.
- 2** Preheat the oven to 350°F. Cut off the pumpkin's top. Scrape out the goop and seeds. (Save the seeds for roasting if you like: See right.)
- 3** Cut the pumpkin into big pieces and place them on a baking sheet. Bake the pumpkin until it's nice and soft, about 45 minutes. Let it cool.
- 4** Scrape the pulp from the skin, put it into a food processor, and pulse until it's smooth. That's your puree. One pumpkin makes 2 to 4 cups.

BONUS: MAKE SOUP

Heat your puree, stirring in 1½ cups canned low-sodium chicken broth and ¼ cup half-and-half for every cup of puree. Add a few spoonfuls of brown sugar. Season with salt, pepper, chili powder, ground cumin, and nutmeg to taste.

Snack on seeds, not chips

Preheat the oven to 250°F. In a large bowl, combine 2 cups of pumpkin seeds (rinsed and dried) with a tablespoon each of melted butter and olive oil, stirring to coat them evenly. Add 2 teaspoons of sea salt; toss. Spread the seeds on a sheet pan. Roast up to 1 hour, shaking the pan once, until light brown.

Source: Christopher Hastings, chef and co-owner, Hot and Hot Fish Club, Birmingham, AL

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1- Based on third-party wear test results versus Goodyear® Assurance® products. 2- Based on third-party wet braking test results versus the Goodyear® Assurance® ComforTred® product line in wet testing. 3- Comparisons based upon fuel efficiency testing between MICHELIN® HydroEdge® tires, Goodyear® Assurance® TripleTred™ tires, Goodyear® Assurance® ComforTred® tires, and Bridgestone® Turanza® EL400 tires. Fuel savings are estimates based on comparative rolling resistance. Actual on-road savings may vary. Based on comparisons against the leading competitors in the standard S/T-rated all-season category. Copyright ©2010 Michelin North America, Inc. All rights reserved.

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Belly Off! Club®

THOMAS OELSCHLAGER WENT FROM FLAT TO FLAB AND BACK

THE SETBACK I ran cross-country in high school, and after graduation I enrolled in college and the Marine Corps Reserve. Then I kicked back. I'd earned it, right? Pizza and beer became my diet. The reserves required me to train only one weekend a month, so I coasted through. Then, after I graduated from college, I took a desk job and developed a fondness for sitting around all day. By the time the reserves really needed me—I was facing deployment to Iraq—I was hardly in fighting shape.



WEIGHT BEFORE

220

WEIGHT AFTER

186

VITALS

Thomas Oelschlagler, 24, Crete, NE

OCCUPATION

Environmental coordinator

HEIGHT

5'11"

TIME TO GOAL

12 weeks



THE WAKE-UP CALL

A month before I was deployed to Iraq, I got married. On our honeymoon cruise to Mexico, I did a bit of snorkeling and a lot of eating. When I saw the photos, I realized how far I had let myself go. My deployment became a chance to turn things around: I'd be away from my routine and able to whip myself into shape.

THE FOOD

My first challenge: I had to eat my meals in a cafeteria. So I adapted. I banished white bread from my diet; if chicken sandwiches were on the menu, I'd toss the bun. I began every meal with a big salad, filling up with few calories. But I'd go crazy without some sweets, so every Sunday I added ice cream as a treat.

THE FITNESS

I won't lie—I often lost the motivation to go to the gym, especially early on. That's why I enlisted the help of a friend. Sure enough, on the days when I didn't feel like leaving the couch, he pounded on my door and yelled for me to hurry up. I started each workout with about 10 minutes of stretching and followed that with 2 to 3 sets of exercises, such as

pullups, squats, pushups, hip raises, and reverse crunches. Then I'd end the workout with about 20 minutes of high-intensity interval sprints.

THE REWARD

I came back from 7 months in Iraq looking like a new man. Now it's time for a real do-over: I booked a Royal Caribbean cruise for my wife and me, and I'll be proud to display the pictures. I plan to eat well—hey, it's a cruise—but balance is key. I've learned that no matter where you are, there are ways to keep active. The ship has a gym, a climbing wall, and a mini-golf course. And now that I've lost the weight, I feel ready to conquer them all.

Run hard, in spurts

Interval training helps your body run harder and longer—and burn fat faster. Try this starter treadmill plan from *The Men's Health Big Book of Exercises*.

Walk at an easy pace for 5 minutes. Raise the incline and run for 2 minutes. Lower the incline to 0 and run for 2 more. That's 1 set. Do 3 sets, then cool down.

“Now that I've lost the weight, I feel ready to conquer.”



EAT THIS NOT THAT!

Canned soup

Progresso Traditional Split Pea with Ham Soup (1 cup)

140 calories
9 grams (g) protein
24 g carbohydrates
(4 g fiber)
1 g fat

690 milligrams (mg) sodium

Campbell's Chunky Split Pea & Ham Soup (1 cup)

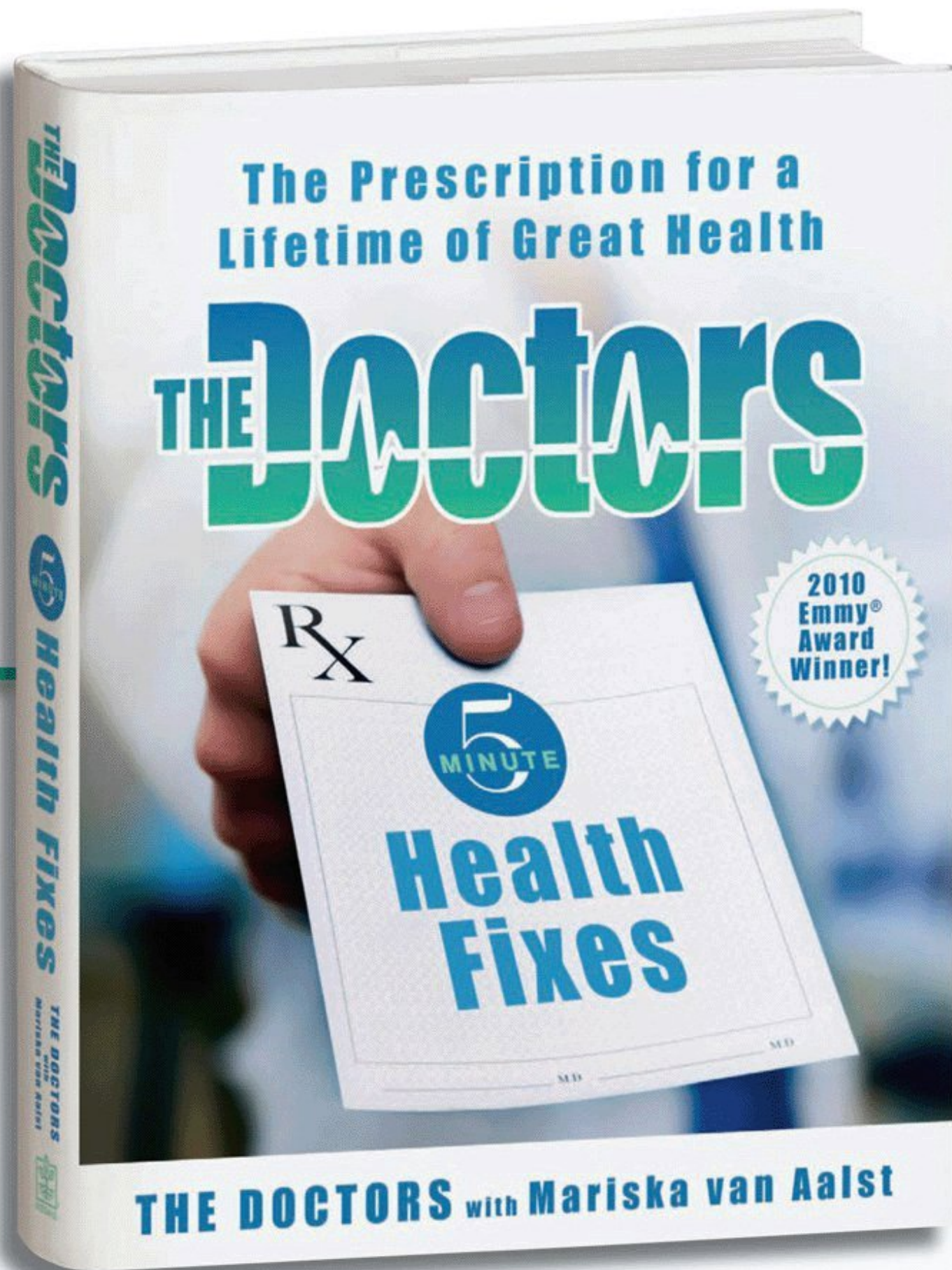
190 calories
12 g protein
30 g carbohydrates
(5 g fiber)
2.5 g fat

780 mg sodium

Choosing Progresso saves you about 100 calories a can. Make a swap like that three times a week, and you'll lose more than 4 pounds over the course of a year.



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 **RODALE**

Sweet and Sour Chicken Skewers

DROP THE TAKEOUT MENU AND MAKE THIS CHINESE CLASSIC ON THE GRILL

YOU'LL NEED

- 1 lb boneless, skinless chicken breast, cut into bite-sized chunks
- 2 medium zucchini, cut into large chunks
- 2 cups large pineapple chunks
- 2 medium red onions, cut into large chunks
- 2 red bell peppers, cut into large chunks
- Salt and black pepper
- 3 Tbsp ketchup
- 1 Tbsp maple syrup
- ½ Tbsp soy sauce
- 1 Tbsp vinegar (rice wine or cider)
- 1 tsp sriracha hot sauce
- Fresh chopped cilantro (optional)
- 8 wooden skewers, soaked in cold water for 20 minutes

HOW TO MAKE THEM

- 1** Preheat a grill or grill pan on medium high. Thread the chicken, zucchini, pineapple, onion, and pepper chunks onto the skewers and season them with salt and pepper.
 - 2** In a mixing bowl, stir together the ketchup, maple syrup, soy sauce, vinegar, and sriracha. Set aside half the glaze in a separate container, and brush the rest onto the skewers.
 - 3** Grill the skewers until the chunks are lightly charred and the chicken is cooked through, about 4 minutes on each side. Then use a clean brush to coat the skewers with the extra sauce. Top with cilantro, if using. **Makes 4 servings**
- PER SERVING** 315 calories, 39 grams (g) protein, 5 g fat, 30 g carbohydrates (4 g fiber), 415 milligrams sodium

Use MensHealth.com/shortordercook/ to whip up quick meals—and submit your own recipe for a chance to win great kitchen gear.

Grilling brings out the sweetness in zucchini. You can also use yellow squash.

Brushing extra sauce onto the skewers after grilling makes them even more flavorful.

Photograph by CHARLES MASTERS, food styling: Jamie Kimmi/Apostrophe, prop styling: Thom Driver/Halley Resources



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Boxer



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Reform School

Much of the new health-care reform bill will take effect in stages between now and 2015, but many Americans still don't understand what the changes are, according to a summer poll by Harris Interactive. Whatever your politics, it's worth knowing what will happen—so you can take advantage.

You get free stuff

So there's the flu shot . . . and cholesterol test . . . and, damn, annual checks add up. But now you can score preventive services—like costly vaccines, colon-cancer screenings, and diabetes tests—for free. New plans have to cover all of certain preventive measures. ("New" means a plan you sign up for after September 22; existing plans are exempt, but there are new limits on how much your costs can rise from now on.) See healthcare.gov for a list of gratis care options, and then stop making excuses and go see your doctor.

You can't be dropped

"Applying for health insurance on your own is really, really complicated," says David Nather, author of *The New Health Care System*. "Nobody can remember every little thing they need to report." Old loopholes let insurers use tiny glitches, like forgetting to report a blood-pressure spike, as grounds for dropped coverage. But now, as long as you pay your premiums, it's illegal for insurers to drop you if you become suddenly, expensively sick. If you think you've been dumped unfairly, you can appeal—and actually win.

You can stay on Mom and Dad's plan

Who knew the feds would make it easier to mooch off your parents? Now you can live away from the folks and even be married (as long as you're under 26) and still be on their health-care plan. "As long as your employer doesn't offer coverage, you're eligible," says U.S. Health and Human Services Secretary Kathleen Sebelius. So if you were recently shown a pink slip or you work for an employer who doesn't offer health coverage, reenroll on your parents' plan. It should save you a bundle.

You won't be slapped with a major bill

Plans that maxed out at a certain dollar amount (\$1 million, say) were fine for the fit and healthy, but they could destroy people with catastrophic injuries or chronic illnesses. New and renewed plans can no longer carry maximum limits on essential benefits like hospital stays, and starting in 2014, they won't carry annual dollar limits either. "Some insurers said, 'We'll cover up to 30 days in the hospital, but only after the first day.' Of course, all the major expenses occur in the first day," Nather says. "This moves us away from plans with holes so enormous you could drive a truck through them."

What else is coming

→ NOW

A 10 percent tax on tanning salons went into effect this summer. One more reason to avoid this skin-cancer-causing habit.

→ 2011

Chain restaurants and vending machines must clearly list complete calorie counts for their foods. (Chains must provide more nutrition stats if you ask.)

→ 2014

Insurers will have to cover everyone, regardless of pre-existing conditions. Also, special tax credits—up to half off their share of health-insurance premiums—will be available to qualifying businesses with fewer than 25 employees.

→ 2016

If you don't have insurance, you'll have to pay \$700 or 2.5 percent of your household income, whichever's higher.



Travis Stork, M.D., is an ER physician and TV host of *The Doctors*.

THE WORLD OF HURT by Travis Stork, M.D.

Q I saw blood in my stool, but only for a few days. It went away. Am I in the clear? *Zack, Augusta, ME*

The darker the blood, the farther up the GI tract the bleeding occurred. Black, tarlike stools could signal a bleed as high up as your esophagus. Bright-red blood usually comes from the lower GI tract and can be anything

from cancer to simple hemorrhoids. If you see a few drops of blood on the toilet paper for a day or two and it doesn't come back, it's probably just a hemorrhoid. But if you're not certain, see a doctor; you may need testing.

MY LITTLE TOE MAY BE BROKEN. IS THERE A WAY TO FIX IT? *Albert, La Jolla, CA*

It depends on where and how severely the toe is broken. Unless it's badly misaligned or disfigured, we usually don't do anything and it'll heal on its own. You can "buddy tape" the toe to the one next to it, which can help with the pain (which can be nasty). If you're worried, see a doctor for an x-ray and for help with the pain.

PURE NAUTICA

STRENGTH AND SPIRIT



THE NEW FRAGRANCE FOR MEN



Jimmy

THE BARTENDER®

On women, work,
and other stuff
that screws up
men's lives

Q MY BOSS KEEPS FLUBBING DEALS WITH CLIENTS, AND I'M CATCHING THE FLAK. DO I GO TO MY BOSS'S BOSS?

FRED, MIAMI BEACH, FL

Want to jump over someone's head? Join Cirque du Soleil. Your boss may be a screwup, but he still controls your fate. So make sure he values you. Write up some solutions and show them to him. Treat it like a team effort—the two of you working together to score clients. (You'd better believe he's catching flak too.) And if he keeps blowing things, you'll have the reports to prove you tried. That's called a paper trail, brother. The boss's boss will follow it.

My family keeps Facebook-friending me. I want my privacy, but don't want to seem like I'm hiding something. Can I ignore them? Nick, Cambridge, MA

I know you don't want your mother seeing photos from last Saturday, but man, this doesn't look good. You think Facebook is some kind of secret club? Bad news: It's a glass-walled playroom in the middle of Times Square. Act as if everything you do there is public and you won't mind accepting dear old Mom. And if you need some alone space with your friends, find it the old-fashioned way: in freakin' person.

Dressing up for Halloween at the bars: cry for attention, or surefire icebreaker with women? Dana, Pittsburgh, PA

A guy orders a piña colada in my bar—that's lame. Same guy, same order, pool-side in Barbados? Strong move. Point is, Dana, it's all about context. If you're some 43-year-old divorced dude dressed up as Tiger Woods in a college bar, then you're the creep of the night. If you're a 30ish guy surrounded by friends in a holiday mood, you're supposed to be Buzz Lightyear. But I still reserve the right to mock you.

A guy we know was mean to my girlfriend. He apologized to her, and she forgave him—but I haven't. Can I still be mad at him? Omar, Tulsa, OK

Sure, you can feel however you want. The real question is, what good will it do you? If you huff and puff whenever the guy's around, you'll just become another problem your girlfriend has to deal with—and worse yet, that jerk will look like the bigger man. You can only harm yourself here.



I hated high school, but my two friends from back then are begging me to go to our 10-year reunion. I don't want to. Am I being a brat? Doug, Ann Arbor, MI

Probably, but I'll give you a pass. Going to a reunion isn't a test of character; it's just a test of whether you want to see if Arianna's still a 10 and Tommy's still a dork. (Most likely: Yes, and no.) If you don't go, though, you can't pump your pals for details. They wanted to share the agony with you and you chickened out, so you're not allowed to enjoy the spoils. And there will be spoils.

Every year, my fiancée buys me birthday presents that aren't me at all. Should I be worried? Trevor, Urbana, IL

That depends. If she gave you a turtle-neck, she might have a lousy sense of style... or she might be trying to control how you dress. Tickets to a musical? Could be she wants you to try new things... or maybe she wants to see the show herself. Bottom line: Maybe she's clueless, maybe she's selfish, maybe she wants to open your mind. You won't know unless you smile wide at each gift, and ask (in a genuine way) why it made her think of you.

TIP JAR

WHAT'S MINE IS NOW YOURS

Want free beer? Can't help you. But here's the next best thing: my iPhone/iPod Touch app. It was \$3. Now it's free, with just as many pickup tips, drink recipes, bar games, and more. Visit MensHealth.com/iphone-jimmy.



Need more? Here are my (other) favorite bar apps.

- 1 Nimble Strong**
It's a drink-mixing video game—with a story line!—that'll teach you to be a barkeep. (\$5)
- 2 drunkdialNO!**
Still calling your ex-girlfriend at 2 a.m.? This app makes damn sure you won't. (\$1)
- 3 TipStar**
If you had a few and then ordered food, I beg you: Use this, instead of doing the math yourself. (free)



Dan Abrams is chief legal analyst for NBC. Write to him at MensHealth.com/experts.

YOUR ATTORNEY ON CALL Dan Abrams

Q After a job applicant sent me a nasty e-mail, I forwarded it to colleagues and it went viral. Now the guy is threatening to sue. Can he? Will, New York, NY

If he tries, he'll probably be disappointed. It's true that certain e-mail forwarding could land you in trouble. Had you written false and defamatory statements about someone or even forwarded someone else's defamatory words, the person could try to sue you for

libel. But in this case the applicant is the one who wrote the troubling words; you simply passed them along. And while the content of the message technically belongs to the applicant, it doesn't sound like he's looking to be paid for his poetic words. He's just angry.

I WORK IN RETAIL AND ASKED TO BE MOVED TO A BIGGER STORE. INSTEAD, THEY SENT ME TO A SMALL ONE AND DOCKED MY PAY! DO I HAVE LEGAL RECOURSE? Neal, Norfolk, VA

No. As long as they didn't move you for reasons such as your race, gender, or age, then they can transfer you to anywhere they see fit. (And then, of course, you can quit.) They can't, however, refuse to pay you for work that you have done or change your pay retroactively.

THE WHOLE TRUTH®

ABOUT FISH OIL

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Wholemega®	✓	✓	✓	✓	NO
"Purified" Fish Oils	NO	NO	NO	NO	YES

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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WHOLE FOODS

GNC LiveWell

the Vitamin Shoppe



Craft Beer Kings

AMERICA IS IN THE MIDST OF A BREW REVOLUTION. DROP YOUR SIX-PACK AND JOIN IN

You're well acquainted with lagers and ales—the stuff that floods from beer taps all night. But a growing number of clever brewers are creating tasty, complex craft beers that could change your idea of what a good beer should be. Not always easy to find, these beers are worth hunting for—and ordering when you're in their hometowns.

5 must-try beer styles

You'll know you've found a great beer bar when you're served one of these fresh styles in the proper glassware.

Strong ale

This name can apply to many strong (and boozy) amber-to-brown ales. They taste of caramel, toast, wood, and—use your imagination here—leather.



TULIP GLASS

The bottom is cupped to allow your hand to warm the beer slightly.

Imperial IPA

It's an India Pale Ale—crisp, malty, and high in hops—but with double or even triple the bitterness and alcohol content. Try not to pucker.



PINT GLASS

A wide mouth for easy sipping and to whack you with the ale's aroma.

Imperial stout

It's so dark, strong, and boozy—with a roasted, intensely hoppy flavor—that you'll need to sip it.



SNIFTER

The top traps aromas, the same as for bourbon.

Fruit beer

Brewers use just about any fruit—cherries, apricots, blueberries, or anything else plucked from a fruit salad. It's a safe bet your girlfriend will love one of these, especially if you bust it out with dessert. It's best when shared, after all.



FLUTE

That's right, just like champagne. It lets you savor the flavor.

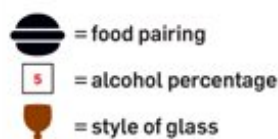
Belgian hybrid

Two popular styles collide: It's a hoppy, citrus-accented IPA with a wild barnyard tang from the Belgian-style yeast.



GOBLET

Etchings on the bottom produce bubbles and keep that frothy head alive.



How to rate your own beer the way a judge does

- 1 Study its color and clarity.
- 2 Smell it. Hunt for surprising notes.
- 3 Take a deep sip. Note the flavors. Are the ingredients balanced?
- 4 Sip again. Hold the beer in your mouth. Focus on its texture and weight.
- 5 Ask yourself: *Would I have another?*

Your craft-beer crib sheet

Curious to try the styles on this page? Track down one of these small brews.



1 STONE BREWING

Arrogant Bastard Ale, as strong as its name. stonebrew.com

3 THREE FLOYDS

Dark Lord Russian imperial stout. Dark as night. 3floyds.com

5 CIGAR CITY

Jai Alai India Pale Ale. Bitter but not harsh. cigarcitybrewing.com

2 VICTORY

WildDevil. A spicy, IPA-Belgian hybrid. Sure, have seconds. victorybeer.com

4 NEW GLARUS

Wisconsin Belgian Red—brewed with cherries. newglarusbrewing.com

6 RUSSIAN RIVER

Pliny the Elder, a double IPA. Wham! russianriverbrewing.com

Percentage growth in craft beer sales in first half of 2010

12

That's in contrast to a 2.7 percent dip in overall U.S. beer sales.

Source: Brewers Association



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Experience the JBL On Stage® IV docking station.

You can tell just by looking at it that the JBL On Stage® IV is no ordinary dock for your iPod or iPhone model. Do ordinary docks have four JBL Odyssey® high-output transducers to flood virtually any room or outdoor space with realistic JBL® sound? Do ordinary docks go anywhere without a power cord and draw a crowd everywhere? The JBL On Stage IV belongs wherever you and your friends get together. And it's engineered to be the center of attention.



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www.jbl.com



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- Challenge yourself to increase your race mileage. **100 POINTS** for each race mile run or walked
- Refer more Challengers. **100 POINTS** each

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Men'sHealth



RUNNER'S

RUNNING TIMES

Women'sHealth

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void where prohibited. Contest begins at 12pm ET August 2, 2010 and ends Dec. 31, 2010 11:59pm ET. Must be over 18 and resident of 49 United States or DC (EXCLUDING RESIDENTS OF AZ). For the Official Rules, visit www.movementchallenge.com. Winner will be selected based on point totals from criteria of distance, personal best, supporters, and recruits. Rodale Inc., 33 East Minor St., Emmaus, PA 18098-0099, and New Balance Athletic Shoe, Inc., 20 Guest St., Boston, MA 02135-2088, is/are the operators of the Contest.



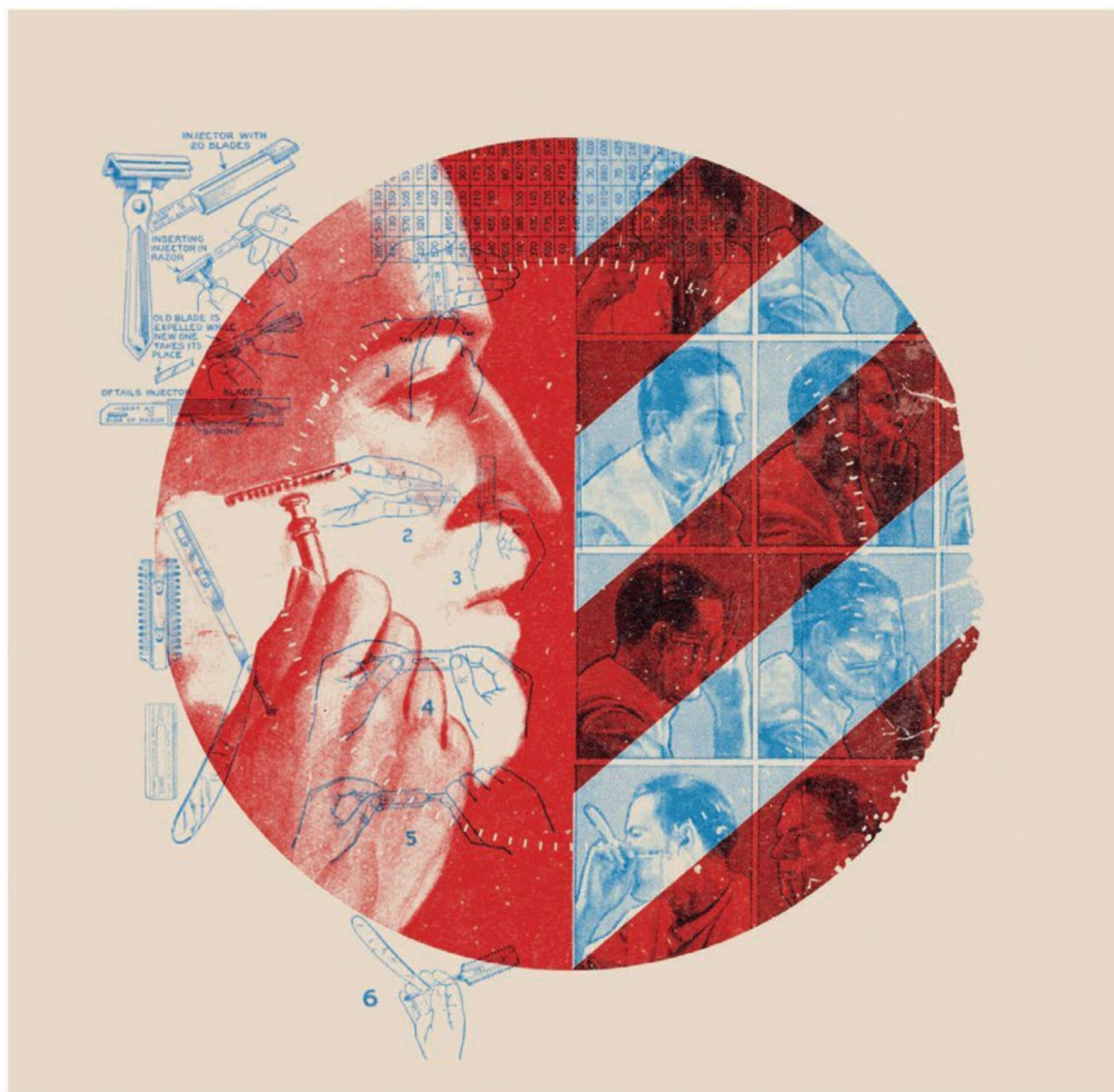
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THAN SITTING ON A COUCH.

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Adrian Blincoe, Team New Balance



The **1226** was designed for the body in motion, and the soul that can't sit still. So forget the couch; you'll be gone for a while.
newbalance.com



Clean up that beard

Neaten it with help from Manhattan master barber Diane Wood

1

Maintain a 1:1 ratio of beard to hair length

In general, your beard should not be any longer than the hair on your head. If you're closely cropped up top, your beard hair should be just about the same length.

2

Cut below the jaw

Don't shave at the jawline; it looks awkward and abrupt. End your beard an inch above your Adam's apple. Best move: Create a natural fade there by setting a trimmer to 2 or 2.5.

3

Clean in three steps

Use a mild, non-lathering face wash. Apply conditioner to your beard. If you've trimmed enough to see skin through your beard, exfoliate.

The Great Shave-Off

ARE THE NEW RAZORS TRUE INNOVATIONS, OR GIMMICKS? SKIN-CARE EXPERT TONY SOSNICK, CREATOR OF ANTHONY LOGISTICS, TESTS THE LATEST CROP USING HIS OWN PRODUCT: ACTION 2-IN-1 SHAVE CREAM



BEST OF THE BUNCH Gillette Fusion ProGlide Power Razor (\$11)

The claim A tiny "microcomb" fluffs scruff into slicing position for the five blades, which have low-resistance coatings. Slots in the head let shaving gel rinse out.

Sosnick's shave It provided the smoothest result of all the razors, and he raved about the sturdy handle. Cream built up despite the slots, but a rinse took care of that.



THE BARGAIN Bic Flex4 (\$6 for three)

The claim This four-blade disposable has a sturdy, pivoting handle and a lubricating strip containing aloe and vitamin E.

Sosnick's shave He was surprised: The razor glided with impressive ease. But he did have trouble reaching under his nose. "There could be a better pivot," he says. Also, the conditioning strip didn't last for many shaves. Disposable, indeed.



THE TRAVELER FaceBlade Folding Travel Razor (\$7, headblade.com)

The claim It's light, collapsible, and designed to be easy to stash, with room to store an extra blade inside. Raised plastic on the handle improves grip.

Sosnick's shave It pivots well, making it better than the average disposable. But the design was perhaps too lightweight: "I didn't feel 100 percent safe," he says.



THE STYLIST King of Shaves Azor Hybrid Synergy System Razor (\$9, shave.com)

The claim Its Y shape is made to be ergonomic, and the razor has a built-in conditioning strip.

Sosnick's shave The handle is light yet sturdy enough for a serious grip. But the head is so bulky he had trouble navigating his face. "They were trying too hard to be different," he says.



THE GLIDER Schick Hydro 3 Razor System (\$9)

The claim A hydrating gel reservoir releases water-activated gel with every stroke; skin guards protect your skin from irritation.

Sosnick's shave It slid more smoothly than any of the others, and kept delivering after multiple shaves. But the reservoir blocked the blades from reaching the corners of his face. You can flip it open, but who has time for that?

MARK WEAVER (illustration), THOMAS MACDONALD (razors)

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Straighten Up, Fly Right

By William Gibson

ABOUT 15 YEARS AGO, a journalist described me as resembling "a hunchback on stilts." The phrase stuck with me. If I'd thought he was being mean, I'd probably have ignored it, but I suspected he was just being honest.

I'm a 6'5" ectomorph (skinny, little muscle mass). And your very tall ectomorphs aren't particularly noted for their brilliant posture. Part of the problem, for me, was the result of having unconsciously tried to look shorter in high school, the better to fit in. Part of it was a generally nonathletic bent (no pun intended), and part of it was about literally not knowing how to stand up straight—not knowing where all the various parts went.

I look less like that now, although I'm still unlikely to win any contests for posture. But I know how to stand up, and I feel a lot better. The difference? A decade of Pilates.

We're all creatures of habit. I wish I had discovered, when I was younger, that it's possible to cultivate benign habits—to harness the pleasure of compulsive repetition to good ends. Pilates taught me that.

Fortunately, I didn't have to decide to do Pilates. My wife decided for me. She was doing Pilates herself, loved it, and insisted I try it. She said it was like yoga, but with spring-loaded furniture. I'd gone to a few yoga classes to appease her, years before, so I thought I knew the drill. I went to my first Pilates class just to get it out of the way.

She hadn't been joking about the furniture. Pilates equipment is so weird looking, so 1950s *Popular Mechanics*, that my curiosity kept me turning up for class. Soon my wife and I bought a Pilates "bed" for ourselves, to use at home.

There I learned the first lesson about building a good habit: the need for constant reinforcement. We soon discovered that neither of us tended to use our new equipment much. And when we did, the results were much less satisfactory than when we did the same exercises in the studio.

You need a coach for Pilates, a trained instructor. Your body will find the easiest way to perform a given task, and then you won't really be doing Pilates. You will be doing, as one instructor told me, "Bill's Pilates."

We sold the spring-loaded bed and booked more studio time.

I'd always been too intimidated to join a gym full of beefy gym guys.

With Pilates, I had the opposite situation: no arena of male egos, complete absence of machismo and competition. Great. But now I was working out alongside ballet dancers. Slender young women with long, diamond facets of muscle, who do Pilates with inhuman grace and precision.

The dancers' presence taught me the second lesson: Concentrate on yourself. Ballet dancers don't regard civilians as competition. They're not competing; they're concentrating. You should be, too. Pilates helps with that: It even matters where you look—the alignment of your eyes—and most of the time I was looking at the ceiling.

Having a better idea of how to stand, and having a stronger core to stand *with*, became by-products of that concentration. But the biggest by-product turned out to be a much greater capacity for relaxation. I hadn't even understood the extent to which that was a problem for me.

I worked up to going twice a week, which is probably the minimum for seeing results. Now I go three times a week, every week. I'm not good at keeping

If you stick with something that you weren't doing before, that is change, right there.

up with it when I travel, or over holidays, and I feel it when I return. It takes me a while to get back into the routine after a break, and I don't enjoy it as much. But then "muscle memory," as the instructors say, kicks back in.

Which became the third lesson: A good habit is complexly self-reinforcing; it keeps you on track. If you just keep turning up and doing it, there's a mysterious way in which momentum takes over the process.

Advertisers always promise big, fast results. What they never tell us is that healthy results are gradual. If you stick with something that you weren't doing before, that is change, right there. Then it changes you more. The habit is the change. Just do it, and then turn up for it again. Repeat!

William Gibson is the author of *Neuromancer* and other novels. His latest, *Zero History*, was released in September.

Tools to help you stay on track Sticking to good habits isn't easy, so we found four products to help you along

TRACK PROGRESS DAILY

Strap on Bodybugg's armband, and it'll monitor you all day, tracking calories burned and distance walked, and even your body heat. Data is charted online so you can see your gains (or losses) and look for ways to improve. \$200 plus \$10/month, bodybugg.com

PROD YOURSELF ANYTIME

Digital calendars on your phone or e-mail program are great, but they're useless if you're not at the right screen at the right time. Remember the Milk lets you set reminders to blast anywhere—phone, e-mail, or IM. free, rememberthemilk.com

BE MORE PRODUCTIVE

Big Brother, thy name is RescueTime. The admittedly creepy-sounding program tracks your use of individual Web sites and applications so you can see how much time you spend on tasks and blow on Twitter—and adjust accordingly. free, rescuetime.com

ROCK YOUR WORKOUT

So you're charging up a hill, iPod on random, and suddenly Bloc Party is replaced by a morose Ben Folds. No good. Fix it with the new MP3 player, Activa, which straps to your wrist and plays songs with beats synced to your heart rate. \$130, philips.com



Midlife, Hold the Crisis

WHAT YOU COULD LEARN FROM KEITH RICHARDS (SERIOUSLY)

By Joel Stein

A midlife crisis is supposed to be a private sort of gnashing, spurred by a first gray hair, first baby, first "just for fun" hit of Viagra. But we're about to go soul-searching together. This month, perennial party man Keith Richards, 66, releases his autobiography, *Life*, full of more living than one man is supposed to do. Which will make us all wonder: How much *are* we supposed to change as we age?

For example: Are we supposed to keep wearing a motorcycle jacket, keep drinking straight vodka, keep cutting our own hair, and—considering the fact that Richards fell out of a tree in Fiji—keep climbing trees? And he's from a generation of man-children. His lead singer is still making pouty faces. Ric Flair, 61, is still wearing a boa and yelling at Hulk Hogan. Hogan, 57, is still being yelled at by Ric Flair.

"Act your age," we tell them. Then again, we'd tune out if they went the Sting/Rod Stewart route and turned into Yanni with a bow tie. The minute a man grows up, he's screwed: We don't want him to act like a young man, because that's pathetic, and we don't want him to act like a lame old man, because that's lame. We want him to disappear so we can remember him, and that's not fair.

We'll be judged, too, no doubt: Younger men, men who today are babies soiling their diapers, will one day watch us and shake their heads in disapproval. And then we'll be reminded of *Life's* lesson: The trick to growing up, in fact, is to do it like Keith Richards. The man is married, has grandkids,

plays the blues, and owns a huge library of history books. Who knew, right? He even watches his health—which to him means not eating cheese. And if cheese is the one thing Richards won't put in his body, cheese is suddenly sounding terrifying.

Which is to say: We age not by holding on to youth, but by letting ourselves grow and embracing whatever youthful parts remain. Keef did, and just never insisted that anyone treat him differently. Hard to fault a man for that.



The oldest-looking man in rock can still teach you a thing or two about how to stay young.



More lessons from music legends

"When you blame yourself, you learn from it. If you blame someone else, you don't learn nothing."

Joe Strummer

"You can be the most artistically perfect performer in the world, but an audience is like a broad—if you're indifferent, Endsville!"

Frank Sinatra

"The world is more malleable than you think and it's waiting for you to hammer it into shape." Bono

"What I want to do is what I'm doing, except I want to do it a little better tonight than I did last night."

Bruce Springsteen

A Man's OCTOBER

01	05	11	12	15	19	20	21	22	23	26	31
Send your friends a Facebook invite to see <i>The Social Network</i> , a dramatized history of Facebook. Scoff. Then post on Facebook that you saw it.	It's Columbus Day. Tailor a trip search to your budget at kayak.com/explore.	Grab the dreamy new seven-song EP <i>Boy</i> from the band Young Man, and put your workweek stress on pause.	See the season's best graphic novel adaptation: <i>Red</i> , about aging CIA agents with a new mission.		CMJ Music Marathon & Film Festival in NYC. Skip sleep, swig PBR.	 Judd Apatow edited <i>I Found This Funny</i> , a book of humorous writings. You'll find it funny.	<i>Back to the Future</i> turns 25, and is remastered for a Blu-ray trilogy. Rewatch—it's your density.	It's Halloween. Dress her up. Debby Herbenick, Ph.D., the <i>Men's Health</i> relationship advisor, recommends shopping on 3wishes.com .			

05

Your sports-centric day



Watch this

The classic Ken Burns series *Baseball* has been updated, resuming where it left off in 1994. Buy the box set—it's 1,380 minutes, almost as long as a World Series game.

Read this

In his book *The Games That Changed the Game*, *Monday Night Football* analyst Ron Jaworski pinpoints the seven games during which coaches transformed the NFL.

Play this

The updated *NBA Jam* hits your Wii today. Still two teams. Still players with unusually large heads. Still fun to bellow, "Boomshakalaka!"



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Acer recommends Windows 7.

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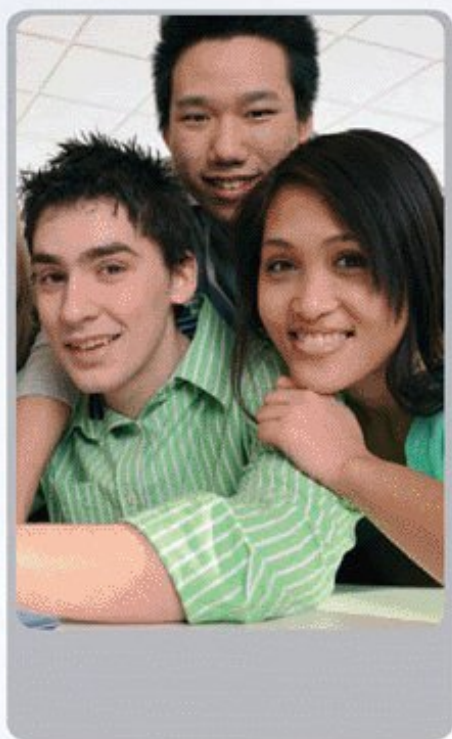
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The Aspire TimelineX is a family of ultra-slim yet extremely powerful laptops ranging from the incredibly compact 11.6" and 13.3" models up to the super-sleek 14.0" and 15.6" versions.

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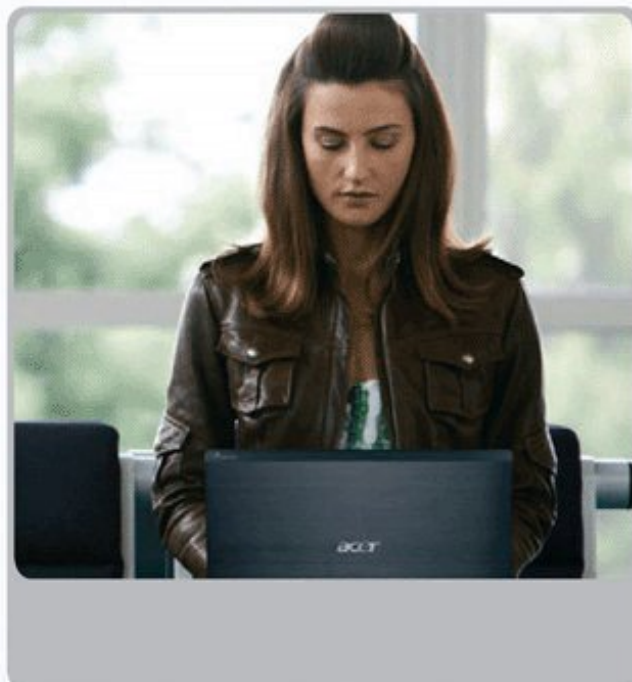
The original Aspire Timeline series was the first to break the 8-hour battery life barrier and the Aspire TimelineX matches that and adds excellent power straight out of the box.

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- New Intel® Core™ i3-350M Processor

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¹ When referring to storage capacity, GB stands for one billion bytes. Some utilities may indicate varying storage capacities. Total user-accessible capacity may vary depending on operating environments.

² Actual battery life varies by usage, settings and operating conditions.

³ The Aspire 5820 is 0.94" – 1.24" high, Aspire 4820 0.94" – 1.0" and Aspire 3820 0.86" – 1.12".

Discover the new Acer Aspire TimelineX laptops at your nearest retail store or visit acer.com/timelinex/en-us

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starz.com/spartacus

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Calvin Klein

Calvin Klein

Strong. Minimal. Refined. Presenting Calvin Klein men's apparel for Fall 2010.

Influenced by movement, the look this season is defined by slim silhouettes with clean lines that dominate the mix of military inspired sportswear, adding an urban yet updated classicism to the line.

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Odor Shield Anti-Perspirant and Body Wash help eliminate body odor instead of just covering it up. **Odor Shield technology** targets and neutralizes body odor at the source. And when used together, you get **10x more odor protection coverage***. So you can perform under pressure.



TARGETS
SHIELD ZEROES IN
ON ODOR



NEUTRALIZES
ODOR COUNTERACTED
AT THE SOURCE



PROTECTS
HELPS ELIMINATE
BODY ODOR

*Total body coverage vs. just using anti-perspirant alone.

Gillette
The Best a Man Can Get™

Advertisement

GILLETTE FUSION PROGLIDE POWER RAZOR

BE THE GUY WHO GETS NOTICED

WHAT DRIVES A GREAT FIRST IMPRESSION? CONFIDENCE. WALGREENS IS YOUR #1 DESTINATION FOR THE INNOVATIVE BRANDS, AND GREAT VALUES, TO HELP YOU MAKE THE RIGHT FIRST (AND SECOND) IMPRESSION.



**RE-ENGINEERED
THINNER BLADES****

MICROCOMB
Helps guide hair to blades

**REDESIGNED HANDLE
WITH ERGONOMIC GRIPS**



**HEAD & SHOULDERS
HAIR ENDURANCE
COLLECTION**
Get a healthy scalp as
you clean and condition
hair for a fuller look

NEW



**GILLETTE
FUSION
PROSERIES
SKIN CARE**
Specially formulated
to clean and hydrate
skin pre and post shave



**OLD SPICE FRESH
COLLECTIONS
DEODORANTS AND
BODY SPRAYS**
Great protection
and subtle fragrance
inspired by the freshest
places on earth

STOCK UP ON THESE ESSENTIALS AT

Walgreens

TODAY AND BE YOUR BEST EVERY DAY.

MANUFACTURER COUPON

EXPIRES 10-31-10

\$5 OFF

When you buy FOUR or more participating
Gillette, Old Spice or Head & Shoulders items.



- NEW Gillette Fusion ProGlide Razor
- NEW Gillette Fusion ProGlide Cartridges, 4-8ct
- NEW Gillette Fusion ProSeries Skin Care
- Old Spice Fresh Collections Deodorants and Body Sprays
- Gillette Odor Shield Deodorant
- Gillette Body Wash
- Head & Shoulders Shampoo & Conditioners, 13.5-14.2oz

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CONSUMER: Redeem ONLY by purchasing the brand size(s) and quantities indicated. Any other use constitutes fraud. Void if transferred, sold or auctioned to any person, firm or group prior to store redemption. Void if copied, reproduced or altered. You may pay any sales tax. Do not send to Procter & Gamble. **LIMIT ONE COUPON PER PURCHASE.**

CONSUMIDOR: Redima solo con la compra del producto y tamaño indicados. Cualquier otro uso sería fraude. Nulo si se transfiere, vende o subasta a cualquier persona, firma o grupo antes de redimirlo en tienda. Nulo si se copia, reproduce o altera. Usted paga cualquier impuesto de venta. No lo envíe a Procter & Gamble. **UN CUPÓN POR COMPRA.**

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Signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. Cash Value 1/100 of 1¢. Redeemed using customer funds provided by Procter & Gamble.



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PROGLIDE IS GILLETTE'S
BEST SHAVE OR YOUR
MONEY BACK*

* MBG for Razor only. Available in Manual and Power, respectively. Returning razor handle is required. Proof of Purchase is required. Call 1-877-769-8795 for details. Expires: 12/31/2011

** Leading blades vs. Fusion

11136



RANKING AMERICA'S CITIES

THE HOTBEDS OF SEX

Texas towns haven't fared well in a few of our past rankings, having been included among the Fattest and the Drunkest U.S. cities. But this time is different. When we calculated national nookie rates, several Lone Star State cities came out on top. Maybe they took our previous

rankings to heart—you'll have more sex if you sober up and slim down.

Of course, without surveillance equipment it's impossible to know *precisely* how much sex people are having. So we looked at condom sales (Nielsen); birth rates (state health departments); sex

toy sales (Pure Romance and Babeland.com); and, for when either the condom or common sense fails, rates of chlamydia, gonorrhea, and syphilis (state health departments). To help raise your city's ranking, see this month's *The Above-Average Guy*.

RESEARCH BY NICOLE COLLINS

Capitals of copulation

- 1 Austin, TX
- 2 Dallas, TX
- 3 Columbus, OH
- 4 Durham, NC
- 5 Denver, CO
- 6 Indianapolis, IN
- 7 Arlington, TX
- 8 Oklahoma City, OK
- 9 Bakersfield, CA
- 10 Houston, TX

- 11 Lubbock, TX
- 12 Fort Worth, TX
- 13 Charlotte, NC
- 14 Fresno, CA
- 15 San Antonio, TX
- 16 Richmond, VA
- 17 Anchorage, AK
- 18 Nashville, TN
- 19 Memphis, TN
- 20 Kansas City, MO
- 21 Atlanta, GA
- 22 Omaha, NE
- 23 Salt Lake City, UT
- 24 Milwaukee, WI
- 25 Jackson, MS
- 26 Washington, DC
- 27 El Paso, TX
- 28 Baltimore, MD
- 29 Raleigh, NC

- 30 Wichita, KS
- 31 Montgomery, AL
- 32 Columbia, SC
- 33 Philadelphia, PA
- 34 Cincinnati, OH
- 35 St. Paul, MN
- 36 Sacramento, CA

STIFFED BY THE GOVERNMENT

Viagra. Cialis. Levitra. These meds have helped millions of men overcome erectile dysfunction and head back to the bedroom. But many men are still suffering. That's because in 2006, Medicaid dropped its coverage of ED drugs, and Medicare stopped covering them in 2007. Why? Government cost cutting. "It's frustrating," says Larry Lipshultz, M.D., a *Men's Health* advisor and a urologist at Baylor College of Medicine. "We know what the patient's diagnosis is and how to treat it, but they can't afford the treatment." Go to usa.gov/Contact/Elected.shtml to tell your rep that men with ED deserve better.

- 37 Grand Rapids, MI
- 38 Tulsa, OK
- 39 Modesto, CA
- 40 Sioux Falls, SD
- 41 Chicago, IL
- 42 Fort Wayne, IN
- 43 San Diego, CA
- 44 Des Moines, IA
- 45 Phoenix, AZ
- 46 New Orleans, LA
- 47 Lincoln, NE
- 48 Little Rock, AR
- 49 Birmingham, AL
- 50 Minneapolis, MN
- 51 Jacksonville, FL
- 52 Colorado Springs, CO
- 53 Corpus Christi, TX
- 54 Los Angeles, CA
- 55 Virginia Beach, VA
- 56 Fargo, ND
- 57 Albuquerque, NM
- 58 St. Louis, MO
- 59 Portland, OR
- 60 Boise, ID
- 61 Aurora, CO
- 62 Toledo, OH
- 63 Greensboro, NC
- 64 Riverside, CA
- 65 Detroit, MI

- 66 Lexington, KY
- 67 Providence, RI
- 68 Madison, WI
- 69 Newark, NJ
- 70 Las Vegas, NV
- 71 Orlando, FL
- 72 Louisville, KY
- 73 New York, NY
- 74 San Francisco, CA
- 75 Rochester, NY
- 76 Boston, MA
- 77 Cheyenne, WY
- 78 Seattle, WA
- 79 Spokane, WA
- 80 Cleveland, OH
- 81 San Jose, CA
- 82 Honolulu, HI
- 83 Tampa, FL
- 84 Oakland, CA
- 85 Anaheim, CA

SNACK FOR SEX

Let's say you want to woo her with a five-course meal, with an eye toward enjoying "dessert" at home. Stick with appetizers. After you eat, blood that would normally be available for an erection is diverted to your stomach to facilitate digestion, says Karen Boyle, M.D., an expert in male reproductive medicine at Chesapeake Urology Associates, in Baltimore. Worst case? It could be 3 hours before you're able to fully prime your pump again.

- 86 Tucson, AZ
- 87 Jersey City, NJ
- 88 Miami, FL
- 89 Pittsburgh, PA
- 90 Wilmington, DE

Towns with headaches

- 91 Billings, MT
- 92 Reno, NV
- 93 Buffalo, NY
- 94 Hartford, CT
- 95 St. Petersburg, FL
- 96 Manchester, NH
- 97 Charleston, WV
- 98 Yonkers, NY
- 99 Burlington, VT
- 100 Portland, ME

For more on the sources for our statistics and to see additional city rankings, go to MensHealth.com/metrogrades.

MH

THEY HOOKED UP.

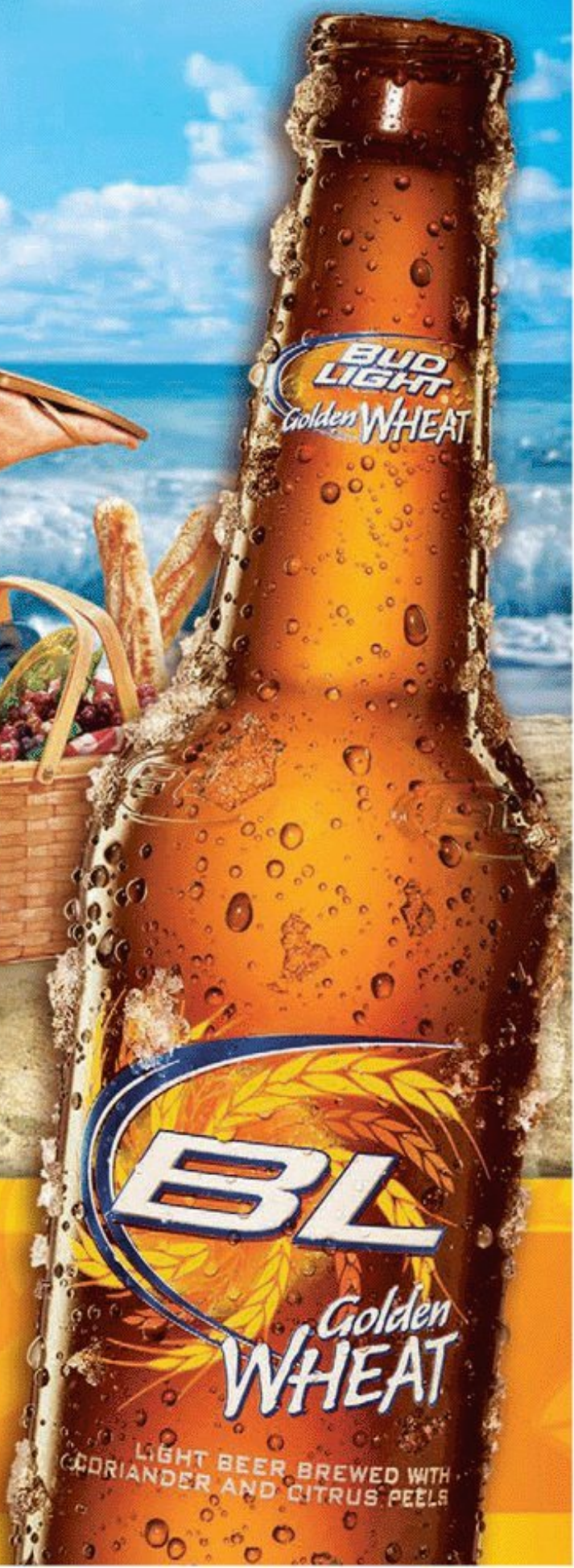
AND YOU'RE GOING TO FALL IN LOVE.



BUD LIGHT® GOLDEN WHEAT

With all the light beer drinkability you expect from Bud Light and a huge taste that you never saw coming. Always refreshing. Surprisingly flavorful. It's a match made in beer heaven.

RESPONSIBILITY MATTERS® ©2010 Anheuser-Busch, Inc., Bud Light® Golden Wheat Beer, St. Louis, MO





MPG = MY PERSONAL GOALS

WE DIDN'T HAVE A LOT OF MONEY GROWING UP.
MY PARENTS CAME HERE FROM ECUADOR. THEY RAISED
ME TO WORK HARD AND PROVIDE FOR MYSELF.
MAKE MY OWN FATE. MY NEW COROLLA IS THE
FIRST THING THAT I COULD SAY IS REALLY MINE.
NOT USED. NOT A HAND-ME-DOWN. IT MAKES YOU
FEEL GOOD. ANOTHER GOAL YOU'VE ACCOMPLISHED.
IT JUST MAKES YOU FEEL LIKE YOU'RE
DOING STUFF WITH YOUR LIFE. I'M FINALLY
ON MY OWN.

SERGIO MONSERRATE
2010 COROLLA OWNER



Every Toyota has a story.
And with 35 million Corollas sold worldwide*, we want to hear yours.
Share it at facebook.com/toyota



Thanks for your story, Sergio!

Options shown. *Based on Toyota Motor Corporation sales data since Corolla's inception in 1966 through January 2009. ©2010 Toyota Motor Sales, U.S.A., Inc.

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HOW TO DO EVERYTHING BETTER

THIS MONTH

- give yourself a ghoulish gash ●
- find the perfect hiking sidekick ●
- safely transfer your music library ●
- detect the b.s. in a Web review ●
- nip a nagging splinter ●
- make your rims shinier ●
- rid your house of a mouse ●
- ride a bike, stay chafe-free ●
- turn two fingers into a whistle ●

THROW AN OKTOBERFEST BASH

Mark the 200th anniversary of this "man day" with the best beers, brats, and kraut

BETTER BRATWURST

The best links contain only pork, pork fat, and spices. (We like Organic Prairie's pork bratwurst.) Fry up the brats in a skillet, turning them once, until they're a deep golden brown (about 5 minutes total). Serve with sauerkraut, beer, radishes, and a soft pretzel.

BETTER SAUERKRAUT

Cook it the way the Germans do.

WHAT YOU'LL NEED

- 3 Tbsp sunflower oil or vegetable oil
- 1 white onion, sliced
- 1 lb sauerkraut, rinsed
- 12 black peppercorns
- 1 bay leaf
- 1 garlic clove
- 2 cups water
- 1 large potato, peeled and grated

HOW TO MAKE IT

- 1** In a large sauté pan, heat the oil on medium high. Add the onions and cook, stirring frequently, for about 10 minutes, or until they're golden.
- 2** Add the kraut, peppercorns, bay leaf, garlic, and water. Reduce the heat to low and simmer for 30 minutes.
- 3** Add the potato and cook about 30 minutes, until it thickens slightly. Remove bay leaf. Makes 4 servings

BETTER BEER

Pair your brats with a stein (or three) of nutty German beer. We like Spaten Oktoberfest. spatenusa.com

Source: Kurt Gutenbrunner, executive chef at the Austrian restaurant Blaue Gans in NYC

HOW TO DO EVERYTHING BETTER

LOOK LIKE HELL ON HALLOWEEN

Plastic severed limbs are lame. Create an authentic-looking wound like the sickos on the set of *Saw VII*.

- 1 PREP YOUR FACE**
Use rubbing alcohol and cotton balls to remove the oils from your face so the makeup won't slide off.
- 2 BUILD YOUR BASE**
Roll a dime-sized piece of scar wax (available at party stores) into a 1½-inch-long cylinder, minimum. Press it onto your skin. It'll look best on a bony area, like your cheekbone, brow, or forehead.
- 3 CONTROL THE BORDER**
Dip the tip of your finger in petroleum jelly and blend the wax's edges into your skin. Don't overspread the wax; leave a small lip for a realistic texture.

- 4 MAKE THE CUT**
Use a plastic knife to slice the middle of the waxy mound. For an incision-style cut, make one straight pass. For an impact wound, make jagged cuts.
- 5 COLOR**
Dab red crème makeup over the wound, blending it into surrounding skin. Mix red and blue makeup and color the middle of the cut to create depth.
- 6 BLOODY IT UP**
Squeeze stage blood into the top of the cut so that it drips down your face. Conceal any exposed waxy edges with a dot of blood. Commence moaning.

Source: Colin Penman, head of makeup for *Saw VII*, due out October 22



Transfer music from your iPod to another computer

You can do this, Steve Jobs be damned. But it may cost you.

For an iPod with no touchscreen

Find free solutions: Floola for Mac (floola.com) or SharePod for PC (getsharepod.com).

Source: Donald Bell, a senior editor at CNET

For a newer-generation iPod or the iPhone

Try Macroplant's Pod to PC/Mac software (\$28, macroplant.com).

Be careful

Once you load the program, you'll need to connect your iPod or iPhone using its USB cable. This will launch iTunes and prompt you to sync the device. Opt out or you'll erase everything on the device. Now use the program.

Pick the perfect hiking stick



Lean on it hard, to see if the wood is strong enough to hold you.

Pick a stick that's at least waist high. You'll grab it at waist level to go up or down hills.

Find a dry stick that's been around a while, not a freshly broken one. A dry stick is lighter and easier to carry.

A flat base provides greater stability than a pointed one.

Source: Simon Fryer, a guide with the Colorado Mountain School

ANTHONY ZINONOS (collage), THOMAS MACDONALD (walking stick; courtesy of Eric Rinehimer), JAMESON SIMPSON (illustration)

Reetone

Make your biceps jealous.

Peyton Manning
Quarterback

DESIGNED TO GIVE YOU RESULTS AT A FASTER PACE. BALANCE BALL
INSPIRED TECHNOLOGY WITH MOVING AIR HELPS STRENGTHEN KEY
LEG MUSCLES WITH EVERY RUN. NEW REEBOK RUNTONE FOR MEN.
ALSO AVAILABLE: EASYTONE FOR EVERYDAY.

RUNTONE
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Reebok
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HOW TO DO EVERYTHING BETTER

SPOT AN INTERNET PRODUCT REVIEW WRITTEN BY THE COMPANY'S EMPLOYEE

We can't guarantee that this real review from Amazon.com is a shill review, but we're willing to bet on it.



LipoBlast is amazing!!!

by **R.T.** (Red Bank, NJ) February 25, 2009

"...I feel great, look great and am so much more confident in myself. It's truly a wonderful feeling to wake up each morning energized and feeling good about yourself. **MAGIC** is the best word I can use to describe LipoBlast!"

This is R.T.'s only review. Look at what else a person has reviewed. If it's one item, or all stuff from the same company, be suspicious.

Almost all positive comments from real consumers offer some downside. Be suspicious of full-throttle enthusiasm.

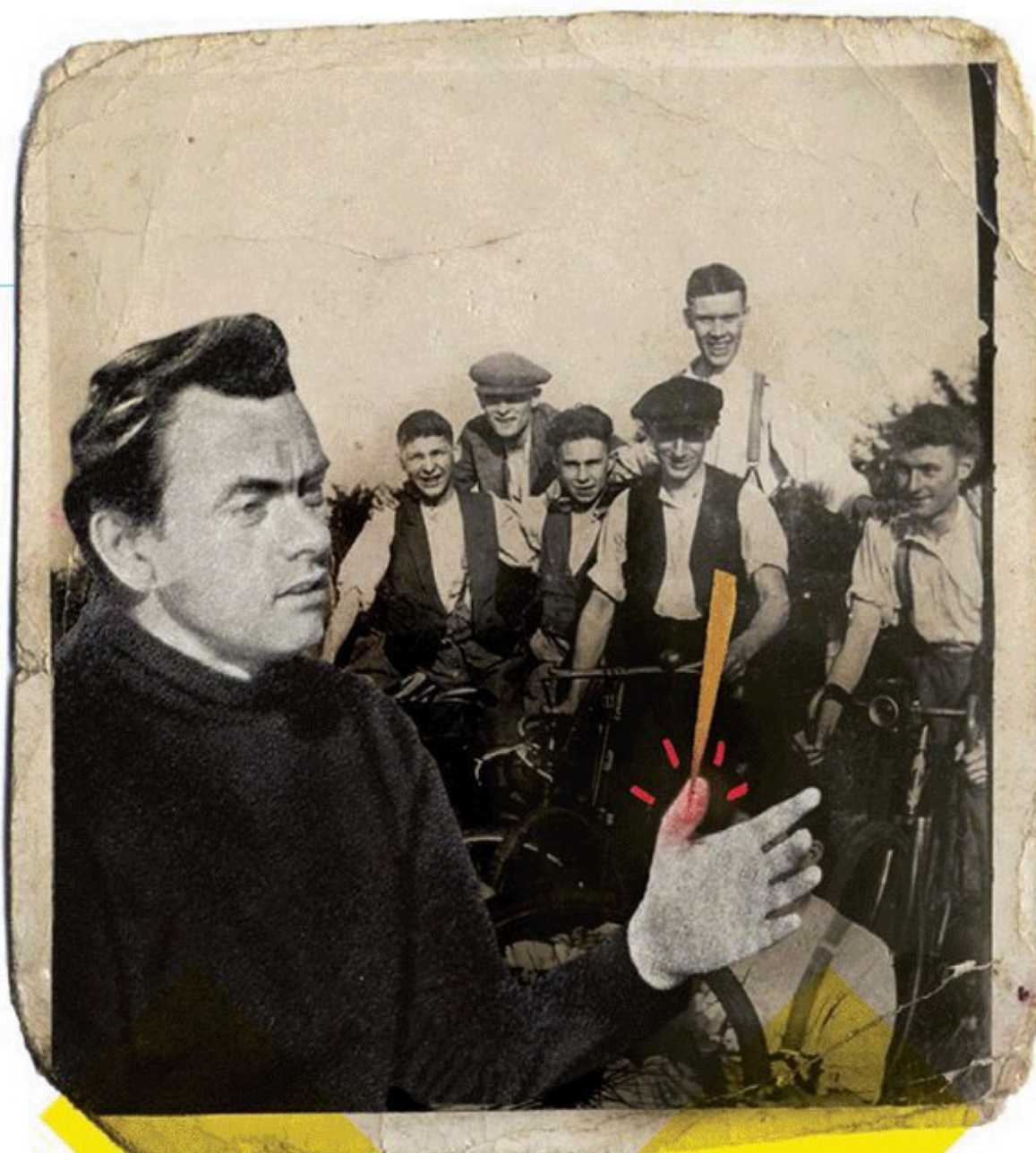
Online, all-caps writing is either colored by emotion or trying too hard to gain your attention. Either way, don't trust it.

Shill reviews praise broadly, often overselling the product. If a line (like this one) sounds like advertising-speak, it probably is.

KNOW THIS

- 1 Be wary of products or services with only low or high scores. It usually means a company and its competition are waging a review war—making all the reviews worthless.
- 2 Watch for multiple comments on one detail. If a restaurant racks up slow-service complaints, take your date elsewhere.
- 3 Check out what else the reviewer liked. A chick-flick fan may not understand, say, *Death Race 2000*.

Source: Ben Popken, managing editor of The Consumerist



REMOVE A NASTY SPLINTER

Ignore the Internet: Bacon or Scotch-tape treatments don't work, says Michael Smith, M.D., chief medical editor at WebMD.

STEP 1

If a bit of the splinter is sticking out, grab it with tweezers and pull it out from the direction it went in. If the exposed end breaks off, or if the splinter is buried in your skin, then...

STEP 2

Stir a tablespoon of baking soda into a cup of warm water. Submerge the splinter in the liquid for 15 minutes, twice a day. The splinter will work itself out in a few days. No? Then...

STEP 3

Ask a doctor to retrieve it; if you're overdue for a tetanus booster, schedule that at the same time. After it's out, dab some anti-bacterial ointment on the area and leave it uncovered.

Clean your wheels

The metallic particles in brake dust will corrode expensive wheels—unless you keep them clean.

Source: Dan Woods, host of Chop, Cut, Rebuild on Speed



STEP 1 APPLY CLEANER

Spray on a mild, pH-balanced wheel cleaner and let it work to lift the particles off the wheel metal, following the bottle's directions. (Strong acids in old-school cleaners can damage the finish on today's wheels.)



STEP 2 REMOVE CLEANER

Rinse the wheel. Scrub it with a microfiber wheel brush to remove lingering dirt. Dry with a microfiber towel; repeat the process for stubborn stains. Clean wheels individually so the cleaner doesn't dry on them.



STEP 3 POLISH

Apply a high-quality wheel polish to your wheels with a clean, dry microfiber towel. Let the polish dry and then wipe it off with a regular cloth. This seals your wheel and helps protect it from debris.



Reetone

Make your biceps jealous.

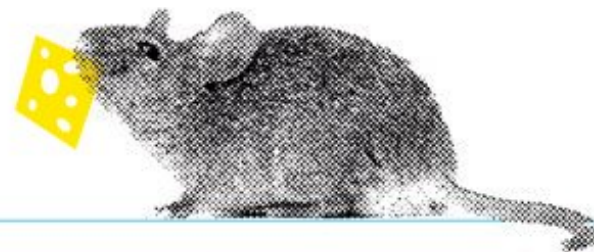
Brandon Marshall
Wide Receiver

DESIGNED TO GIVE YOU RESULTS AT A FASTER PACE. BALANCE BALL INSPIRED TECHNOLOGY WITH MOVING AIR HELPS STRENGTHEN KEY LEG MUSCLES WITH EVERY RUN. NEW REEBOK RUNTONE FOR MEN. ALSO AVAILABLE: EASYTONE FOR EVERYDAY.

RUNTONE
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Reebok
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HOW TO DO EVERYTHING BETTER



CATCH A MOUSE—ALIVE!

Yeah, you could just buy a trap and kill the bugger. But that can turn messy. And it's mean. This way, the mouse is gone and your girlfriend isn't grossed out.

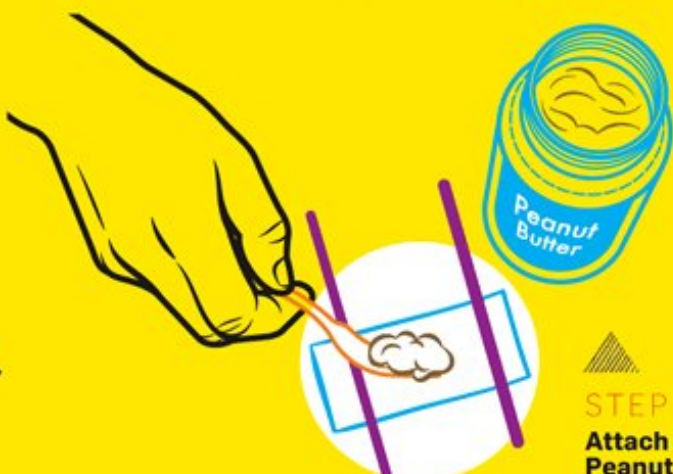
STEP 1

Tear off a piece of wide packaging tape. Place two sticks or pencils on the tape an inch apart and about two-thirds of the way up.



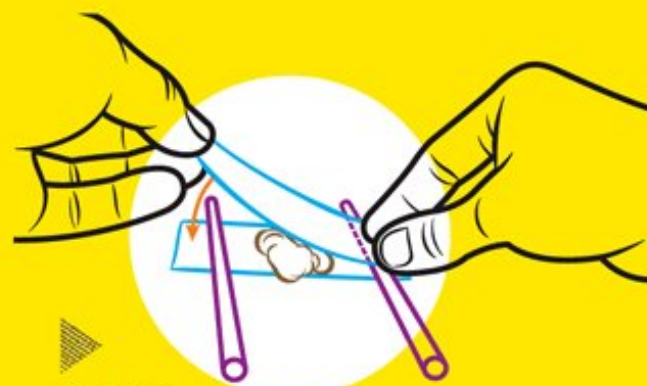
STEP 2

Attach bait to the tape. Peanut butter or potato chips work great.



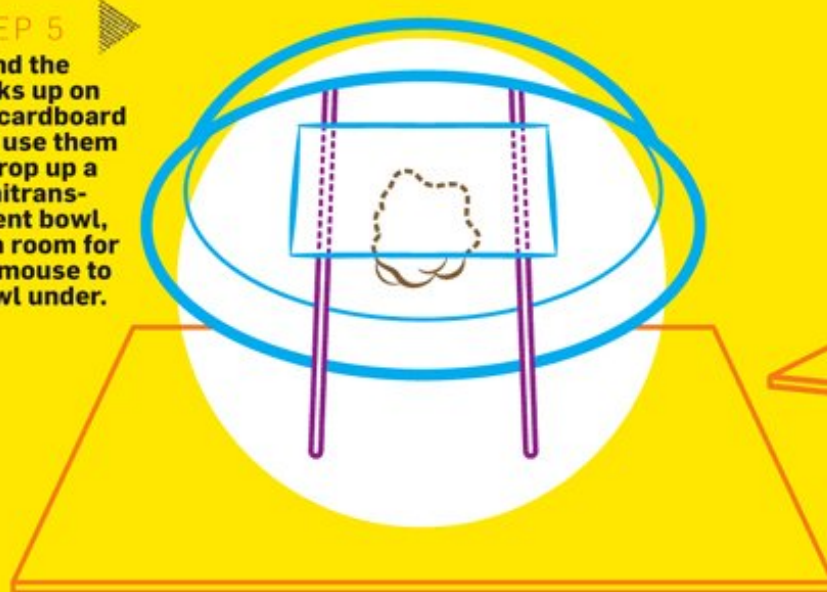
STEP 3

Use a second piece of tape to keep the bait in place, but leave some food exposed.



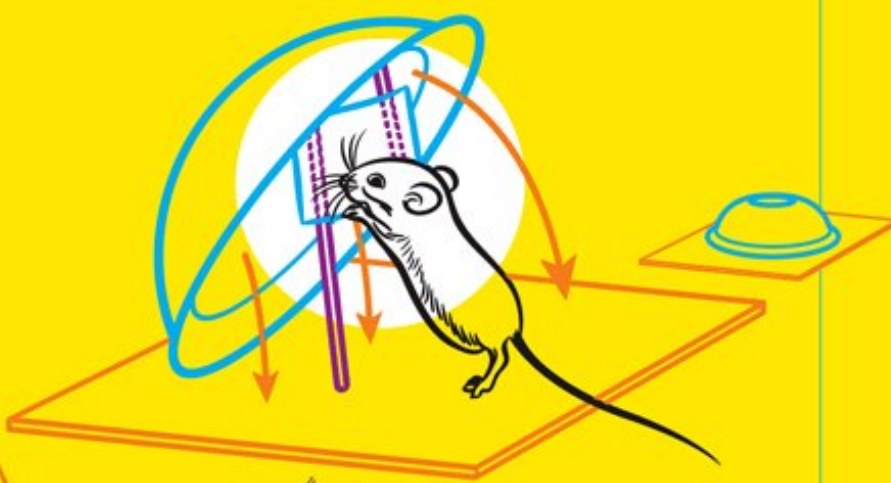
STEP 5

Stand the sticks up on the cardboard and use them to prop up a semitransparent bowl, with room for the mouse to crawl under.



STEP 6

When the mouse reaches for the bait, it'll push the sticks over and trap itself. Check your trap regularly.



STEP 4

Mice scurry along the edges of rooms, so pick a spot along a wall about halfway between two corners. Put a piece of cardboard on the floor.



RELEASE IT

Pick up the cardboard and bowl and take the mouse at least 100 feet away from your place so it doesn't come back. Clean and disinfect any areas where the mouse may have been, using a bleach solution or disinfectant. Patch up any holes in your walls that mice might crawl through—they can fit through a space as small as a dime.

Source: Jodi Minion, M.S., PETA wildlife biologist

oliptraum/Stockphoto (gray mouse), JAMESON SIMPSON (illustrations), ANTHONY ZINONOS (collage)

STOP BIKE-SEAT RUB

Junk your fat, padded saddle. A leaner seat chafes less by reducing contact with your thighs, says Kris Berg, Ed.D., a professor of exercise physiology at the University of Nebraska at Omaha. Try a Body Geometry saddle (specialized.com), adjusted for hip width.

Pull off the two-finger whistle

Perfect for sports games, calling your friend across the street, or hailing your horse

Step 1

Open your mouth and draw your lower lip tautly inward to cover the top of your lower teeth.

Step 2

Flatten your tongue and move it forward so that it hovers above the inside edge of your bottom lip.

Step 3

Touch the tips of your pinkie fingers together to form a 90-degree angle.

Step 4

Nails upward, insert the inverted V formed by your

fingertips under the tip of your tongue. Roll the tip of your tongue upward and back slightly; it should curve up toward the front of the roof of your mouth, without touching.

Step 5

Take a deep breath and blow across the tip of your tongue. The harder you blow, the louder your whistle and the more people will look at you.



Source: Fred Newman, the author of MouthSounds and the sound-effects man on A Prairie Home Companion

JOIN THE MEN'S HEALTH MISSION



Photos courtesy of asipphoto.com

CHALLENGED ATHLETE PROFILE KEVIN MESSNER

Born with a congenital birth defect, Kevin Zhao Pan Messner was abandoned as an infant on the steps of a hospital in his native China. Before he was transferred to the orphanage where he would spend the first four years of his life, nurses named him Zhao Pan – “hope for a good future.”

In 2004, a woman from Phoenix, Arizona, adopted him. Kevin's right leg was amputated above the knee within months of his arrival in the States. After the surgery, he was fitted for his first prosthetic device and began participating in sports, including running and archery. Now 10 years old, Kevin has just received an advanced Ossur running prosthetic from the Challenged Athletes Foundation. With this and other support from CAF, Kevin can take his competitive instincts to the limit.



Men'sHealth

URBANATHLON

& FESTIVAL

CHICAGO
2010

THE MISSION

To raise funds for the Challenged Athletes Foundation® so people with physical disabilities can pursue an active lifestyle.

UPON SIGNING UP, YOU WILL RECEIVE:

- A fundraising kit
- A dedicated fundraising web page
- A CAF T-shirt

Your hard work will be rewarded with valuable incentive prizes: technical apparel, high-tech bikes, adventure trips, sports watches, digital cameras and more.

ABOUT THE CHALLENGED ATHLETES FOUNDATION

Established in 1997, CAF recognizes the athletic greatness inherent in all people with physical challenges and supports their athletic endeavors by providing specialized programs and grants for adaptive sports equipment, training and competition needs.





I LOVE THAT NEW ME SMELL

I had been in New York for eight years.

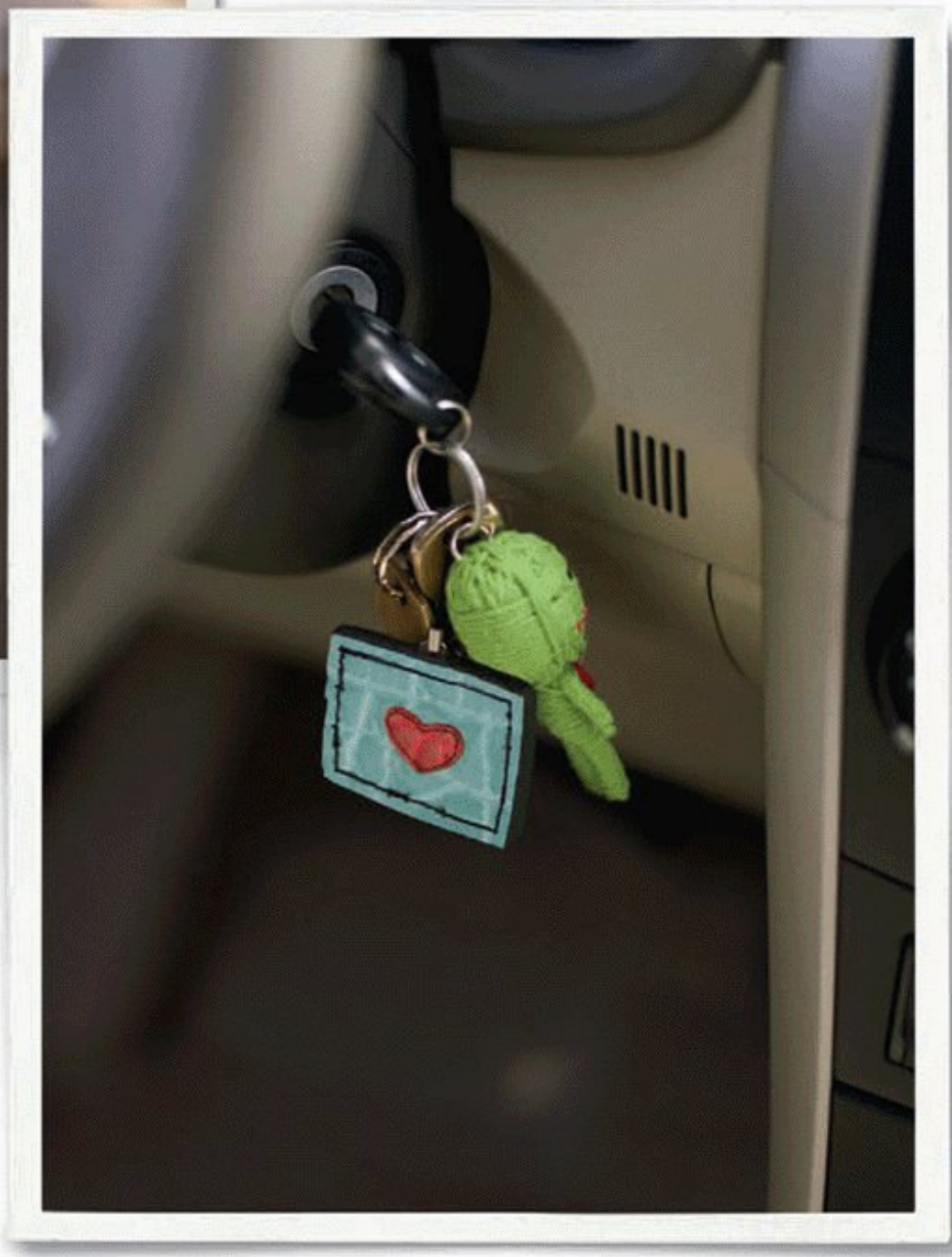
I needed a change of pace.

At twenty-six I kind of woke up and was like, "All right, time to go." A couple of months later, I drove out to California with my dad. I had to have a car to get around LA, so I got a new Corolla. It's my first brand new car that I bought on my own. It was like, I don't know, I made it. Like, I'm an adult.

Stephanie Powell
2010 Corolla owner

Every Toyota has a story. And with 35 million Corollas sold worldwide*, we want to hear yours.
Share it at facebook.com/toyota

Thanks for your story, Stephanie!

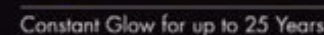


Options shown.*Based on Toyota Motor Corporation sales data since Corolla's inception in 1966 through January 2009. ©2010 Toyota Motor Sales, U.S.A., Inc.



Invented in the United States. Made in Switzerland.

Colormark Chronograph No. 3097: 44mm, carbon reinforced polymer injection molded case, carbon reinforced case back, tempered scratch resistant mineral crystal, water resistant to 200 meters, signature black PU strap, and Luminox self-powered illumination. Swiss Made. Preferred timepiece of outdoor enthusiasts. [Luminox.com](https://luminox.com)



Available At These Fine Retailers **NATIONWIDE** Bass Pro | Cabela's | Orvis | Precision Time | Tourneau Watch Gear | **ALABAMA** Mark's Outdoor Sports, Birmingham | Woods & Water, Tuscaloosa | **ARIZONA** Gamem Jewelers, Phoenix | Scottsdale Fine Jewelers, Scottsdale | **ARKANSAS** Mack's Prairie Wings, Stuttgart | **CALIFORNIA** Total Time, Arcadia | Timepiece Network, Burbank | Julianna's Fine Jewelry, Corte Madera | Time Zone, Costa Mesa | Ara Karkazian Jewelers, Fresno | Time Center, Huntington Beach | Feldmar Watch, Los Angeles | Boutique du Temps, Pasadena | Pasadena Watch Co, Pasadena | Tic Time, Redondo Beach | Prime Time UTC, San Diego | Ravits, San Francisco | Gene Hiller Menswear, Sausalito | Vana Watch, South Pasadena | Time Spot, Thousand Oaks | Watch City, Torrance | Valencia Time Center, Valencia | One More Time, Ventura | **FLORIDA** Bere Jewelers, Gulf Breeze | Ferguson Jewelers, Homestead | Shooters Firearms, Jacksonville | London Watch Co., Miami | Peoples Jewelers, Miami | Watches Plus, Orange Park | Jay's Watches, Orlando | Orlando Watch Company, Winter Park | **GEORGIA** It's About Time Stores, Atlanta | Worthmore Jewelers, Atlanta | Armen & Joseph Jewelers, Duluth | D. Geller & Son, Smyrna | Steel's Jewelry, Valdosta | **HAWAII** A&E Creations, Honolulu | Kupulau, Honolulu | **ILLINOIS** Chicago Clock Company, Chicago | Howard Frum Jewelers, Chicago | Mari Lou's Fine Jewelers, Orlando Park | **INDIANA** G Thropp Jewelers, Indianapolis | Ashcraft Jewelers, Muncie | Albert's Jewelers, Schererville | **IOWA** Herten & Stocker, Iowa City | **KANSAS** Randy Cooper, Wichita | **LOUISIANA** Bowie Outfitters, Baton Rouge | Coleman Adler, New Orleans | **MAINE** Kittery Trading Post, Kittery | **MARYLAND** Little Treasury, Gambrillis | Atlantic Guns, Rockville | **MICHIGAN** Thomas A Davis, Holland | **MISSISSIPPI** Sollbergers, Ridgeland | **NEW JERSEY** Campmor, Paramus | Ramsey Outdoor, Ramsey | Orilogio, Short Hills | Orogio, Tenafly | **NEW MEXICO** Shelton Jewelers, Albuquerque | **NEW YORK** F&J Uniforms, Bronx | Mohawk Army Navy, Schenectady | Iceberg, New York | Las Americas, New York | Tent n Trails, New York | United Uniforms, Rochester | Woodrow Jewelers, Rye | **NORTH CAROLINA** Sharon Luggage, Charlotte | **OHIO** Gino's Jewelers, Cleveland | Ricky Tanno, Cleveland | **OREGON** Klondike Gold Jewelers, Portland | **PENNSYLVANIA** The Fire Store, Coatsville | Tanner's Sports, Jamison | Jerns Jewels & Gold, North Wales | WhiteHall Army Navy, Whitehall | **RHODE ISLAND** Saltzman's Watches and More, Cranston | Watches Etc., Middletown | **SOUTH CAROLINA** Grady's Great Outdoors, Anderson | **TEXAS** Throckmorton's Watch, Austin | Mon Cadeau, Dallas | Watches Etc., Grapevine | Cristianis Jewelers, Midland | Charles Gurinsky's, San Antonio | **VIRGINIA** Belle View Jewelers, Alexandria | **WASHINGTON** Swissa Jewelers, Seattle | **WISCONSIN** The Watch Company, Appleton | **THE CARIBBEAN** John Bull Ltd., Nassau, BS | Island Companies, Grand Cayman, BWI | Baci Duty Free, St. Croix, USVI | Royal Caribbean, St. Thomas, USVI



2010

Men's Health DENIM GUIDE

Model photographs by NICKY WOO Still-life photographs by JEFF HARRIS



COOL FROM THE ANKLES DOWN

James Wolk, who plays the central character in Fox's new series *Lone Star*, grew up in Michigan, where his father owned a high-fashion women's shoe store. He learned to appreciate quality accessories. "The first thing I look at when I meet a woman is her shoes, because they say a lot about her," he says. "For a man, wear good shoes and you can get away with a lot." In his real-world life, Wolk will dress up a plain pair of jeans and a T-shirt along with a good pair of suede MacAlister-style shoes from J.Crew. Another option: nice wingtips, which can dress up denim as well as they dress up trousers. Tip: Take them off before dangling your feet in water.

COMFORT LEVEL

Actor James Wolk eases into a fun dual role

BY SANDRA NYGAARD PHOTOGRAPHS BY LAUREN DUKOFF

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CASUAL CAN BE CLASSIC

Your wardrobe doesn't have to be sloppy or garish to signal that you're off the clock. Wolk wears J.Crew T-shirts, Gap denim, and a flannel or crisp white shirt on his days off. "There's something comfortable and calming about wearing classics, because they are so familiar," he says. Before you buy something new, ask yourself if it's something you can see yourself wearing in 5 years. If there's any hesitation, walk away and spare yourself present expenditure for future regret.



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SIMPLE IS FLEXIBLE
No matter how the trend tides flow, Wolk stays with basic jeans. Their cleaner cuts offer more wardrobe options. "They look just as good with a T-shirt as they do with a cool sport coat," he says. We like this season's dark denim styles from Gap, Lee, and Levi's.

Styling: Brian Boyd and Samantha Rubin, fashion assistant: Meyling Reel, grooming: Kim Verbeck/The Wall Group, prop styling: Ali Gallagher/Starworks Artists, production: Jessica Schaefer/Pulse Productions

Opening spread: Spurr shirt (\$225), spurr.tv; J Brand Walker jeans (\$225), jbrandjeans.com. This page: Simon Spurr sweater (\$900), Saks Fifth Avenue; American Apparel T-shirt (\$19), americanapparel.net; J Brand Walker jeans (\$225), jbrandjeans.com



See details next page.

Playing a nice guy is hardly an actor's dream. But a nice guy with a dark side—now that's fun, says James Wolk, who plays a charismatic Texas con man in *Lone Star*, a new series on Fox this fall. "I enjoy the adrenaline rush that he has from pulling off his cons," says the 25-year-old newcomer, who also stars in the film comedy *You Again*, which was slated for release in September.

In *Lone Star*, Wolk plays one man with two identities: schemer Robert Allen, who lives with his girlfriend in suburban Midland, and Bob Allen, who's married to an oil tycoon's daughter in Houston. Imagine *Catch Me If You Can* mixed with *Big Love* and *Dallas*, Wolk says.

"In my own life I carry myself pretty honestly," he says, "so it's fun to delve into this complex character, who's so comfortable with deceit yet experiences a lot of guilt and anxiety."

One thing about Robert/Bob is consistent: his sharp sense of style. "I wish I dressed in my daily life as well as this character dresses—he looks like a movie star out of the '40s or '50s," Wolk says.

In the big city, Bob Allen wears beautifully tailored business suits. "Even when he dresses as casually as Robert does, he's always very dapper, very manicured."

Off the set, Wolk favors a T-shirt or a button-front and jeans. When he dresses up, he chooses fitted suits with sleek silhouettes that flatter but don't distract. "I love those vintage styles because the clothes were the frame for the man and the picture was the man," he says. "It allowed someone to ask, 'What are you made of? What are your stories?'"

Sounds like a line from a *Lone Star* script.

NEUTRALS ARE BUILDING BLOCKS

Patterns and colors can be confusing. But solid neutrals—like gray, white, black, and tan—always look clean and modern. Plus, they can easily be worn together. "I consider them a foundation that helps me build and deconstruct," says Wolk. Add a layer for complexity when you hit the town, subtract one for simplicity when you hit the road.

Polo Ralph Lauren sweater
(\$365), (888) 475-7674;
Levi's 514 jeans (\$70), levi.com

A full-page photograph of a man with dark hair, wearing a dark blue denim jacket over a white t-shirt and light-colored trousers. He is standing in front of a decorative metal screen with a repeating star-like pattern. He is looking off to the side with a slight smile.

STEAL YOUR ICON'S LOOK

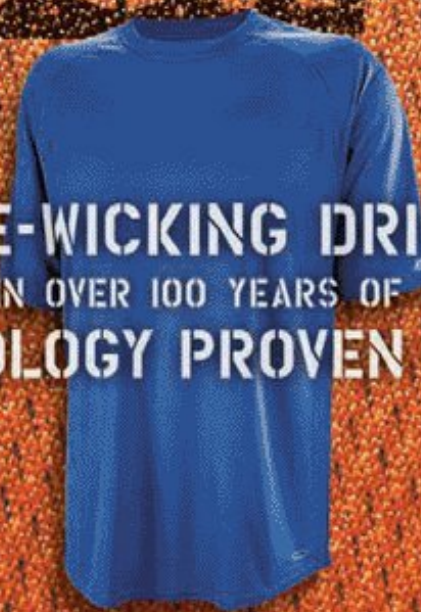
Wolk was trained on a steady diet of classic films; striking figures like Steve McQueen and Paul Newman became his style icons.

"Newman always looked put together and comfortable in his own skin," says Wolk. Whether it's Brando or Beckham who inspires you, learn from your icon's style.

*Levi's jacket (\$70), levi.com;
American Apparel T-shirt (\$19),
americanapparel.net; Dockers
K-1 pants (\$175), (323) 935-3154*

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○ Timberland Earthkeepers (\$150), (800) 445-5545

At Ease



○ SeaVees desert boots (\$145), (805) 322-7405

STRAIGHT William Rast Jake (\$175), williamrast.com



○ Prada Saffiano (\$625), prada.com



○ Cole Haan Bismark (\$375), colehaan.com



○ Kenneth Cole New York Metro System sneakers (\$100), (800) 536-2653

SLIM Acne Roc (\$260), (212) 625-2828



○ Magnanni Tevez (\$335), magnanni.com



○ Sebago loafers (\$130), (866) 699-7367



○ Converse by John Varvatos (\$125), Bloomingdale's

Make the Shoe Fit

Jeans are casual. But don't be casual about matching your footwear

Pairing jeans with shoes is all about balance, says Los Angeles-based shoe designer George Esquivel. "You never want one overpowering the other," he says. A wide leg opening requires a wider shoe or boot; a slimmer cut calls for a narrower pair.

"It's important for jeans and shoes to fit the occasion," Esquivel says, "and to have one complement the other."

Slim and straight cuts are versatile and can be paired with several shoe styles, he says, from low-top sneakers, loafers, and desert boots to dressier shoes like bucks and wing-tips. A straight cut can handle a more substantial shoe than a slim cut can. And watch the toe width when you're wearing slim-cut jeans: "You don't want to go too pointy or long because it will look funny," he says.

The biggest mistake Esquivel sees men make is wearing loafers with boot cuts. "Boot-cut jeans are meant for boots," he says. He recommends wearing your jeans while you're shoe shopping. And bring a woman with you. "You're literally looking down at your shoe," he says. You need another person to see it from everyone else's perspective.

As for length, "men forget that they can take jeans to the tailor," he says. You want just a slight break on your shoes so that enough of them will show. Plus, it looks sloppy when you have a lot of wrinkles at the bottom.

Women look at these things, he warns. "They pay so much attention to detail that when a man pays attention to detail, it stands out in a good way."

BRYAN PAYTON

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The Right Jeans for Your Body

New hybrid styles offer more chances for a perfect fit



THE NEW STYLE

Slim Boot

Example: 597 Low Square Boot, by Levi's

The fit: Streamlined, with a lower rise. They fit like typical slim-cut jeans above the knee, and widen slightly to a subtle boot cut.

Best for: A lean build, but they can flatter a range of body types.

Length: The rear hem should be at least half an inch from the ground.

Perfect with: A blazer or sweater and cowboy boots. But the slimmer boot opening allows for sneakers as well.

Levi's 597 Low Square Boot jeans (\$70), levi.com; Gap cardigan (\$60), (800) 427-7895; American Apparel T-shirt (\$19), americanapparel.net; Cole Haan boots (\$395), colehaan.com



THE NEW STYLE

Relaxed Straight

Example: Krooley, by Diesel

The fit: Normal rise and waist, tapering through the leg. The back pockets are set slightly lower.

Best for: "The skinny guy who tends to wear jeans loose, as well as for the guy with athletic legs who wants a skinnier look," says Francis Pierrel, a senior vice president at Diesel.

Length: A little crinkling at the shoe tongue.

Perfect with: A dress shirt when the jeans are worn high on the waist. Wear them lower (with a T-shirt) to bring out the back-pocket detail.

Diesel Krooley jeans (\$195), (877) 433-4373; Banana Republic Monogram sweater (\$110), bananarepublic.com; American Apparel T-shirt (\$19), americanapparel.net; Converse by John Varvatos sneakers (\$125), Bloomingdale's



THE NEW STYLE

Slim Straight

Example: The Outsider, by Joe's Jeans

The fit: "It is our slimmest fit—not quite skinny, but an alternative to the skinny look," says Joe Dahan, the creative director and founder of Joe's Jeans. It has a drop rise, meaning there's a shorter distance from the crotch to the waist, which sits lower than usual.

Best for: Tall, lean men.

Length: Allow a slight break in the middle of your low-top shoes.

Perfect with: A T-shirt and blazer or cardigan; these jeans can go from work to dinner.

BRYAN PAYTON

Joe's Jeans The Outsider (\$170), joesjeans.com; Vince sweater (\$265), (212) 924-0370; Converse by John Varvatos slip-ons (\$100), Bloomingdale's

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One Piece, Two Looks



The Chambray Shirt

KEEP IT CASUAL

A shirt made of chambray—the lightweight cotton originally popular among workmen (hence the phrase “blue collar”)—should be part of your basic wardrobe. It says more than a plain tee or average button-front shirt does. Wear it with jeans, alone or paired with a chunky knit (especially a patterned one—see left) to strike a balance between rustic and refined. With sneakers or suede boots, you’ll feel as comfortable as you look.

WHERE A weekend brunch or backyard get-together.

DRESS IT UP

Worn under a tailored jacket, it’s a fresh alternative to a plain dress shirt. But know the limits: This is a relatively relaxed shirt. Make it more sophisticated with a wool or knit tie (not a classic silk). Try it with tailored separates or a two-button suit to inject some unexpected cool into a buttoned-up look. Since the shirt’s vibe is contemporary, the suit’s silhouette should be slim and modern, not traditional.

WHERE A creative office on days you want to be taken a little more seriously. But don’t wear it to an interview or a formal affair.



Chaps Denim chambray shirt (\$50), chaps.com. From top: **Evisu** cardigan (\$360), evisu.com; **J Brand** Dylan jeans (\$210), jbrandjeans.com; **J.Crew** MacAlister boots (\$135), jcrew.com; **Banana Republic** blazer (\$355) and tie (\$70), **Banana Republic Monogram** trousers (\$155), bananarepublic.com



The Dark Jeans

KEEP IT CASUAL

Simplicity always works: A clean pair of dark jeans and a white T-shirt will never fail you. They can act as a classic canvas for a cool jacket (like the military-inspired one at left) or a statement sweater. Add comfortable slip-on sneakers or a pair of boat shoes, and you’re ready to hit the town.

WHERE Out after hours with buddies, when you still want to look good enough to run into an ex-girlfriend.

DRESS IT UP

Dark, fitted jeans with little or no back-pocket stitching can serve as a cooler alternative to casual cotton trousers. Try a cardigan instead of a blazer over a slim-collar dress shirt, and add a narrow tie for a sleek silhouette.

WHERE On a first date, when you want to make a nice impression without looking like you’re trying too hard.



DKNY Jeans Williamsburg jeans (\$80), (800) 777-4524. From top: **Gap** jacket (\$100), (800) 427-7895; **LnA** T-shirt (\$60), lnaclothing.com; **Perry Ellis** cardigan (\$60), perryellis.com; **Banana Republic** shirt (\$70), bananarepublic.com; **Theory** tie (\$100), Nordstrom; **Sebago** loafers (\$130), (866) 699-7367





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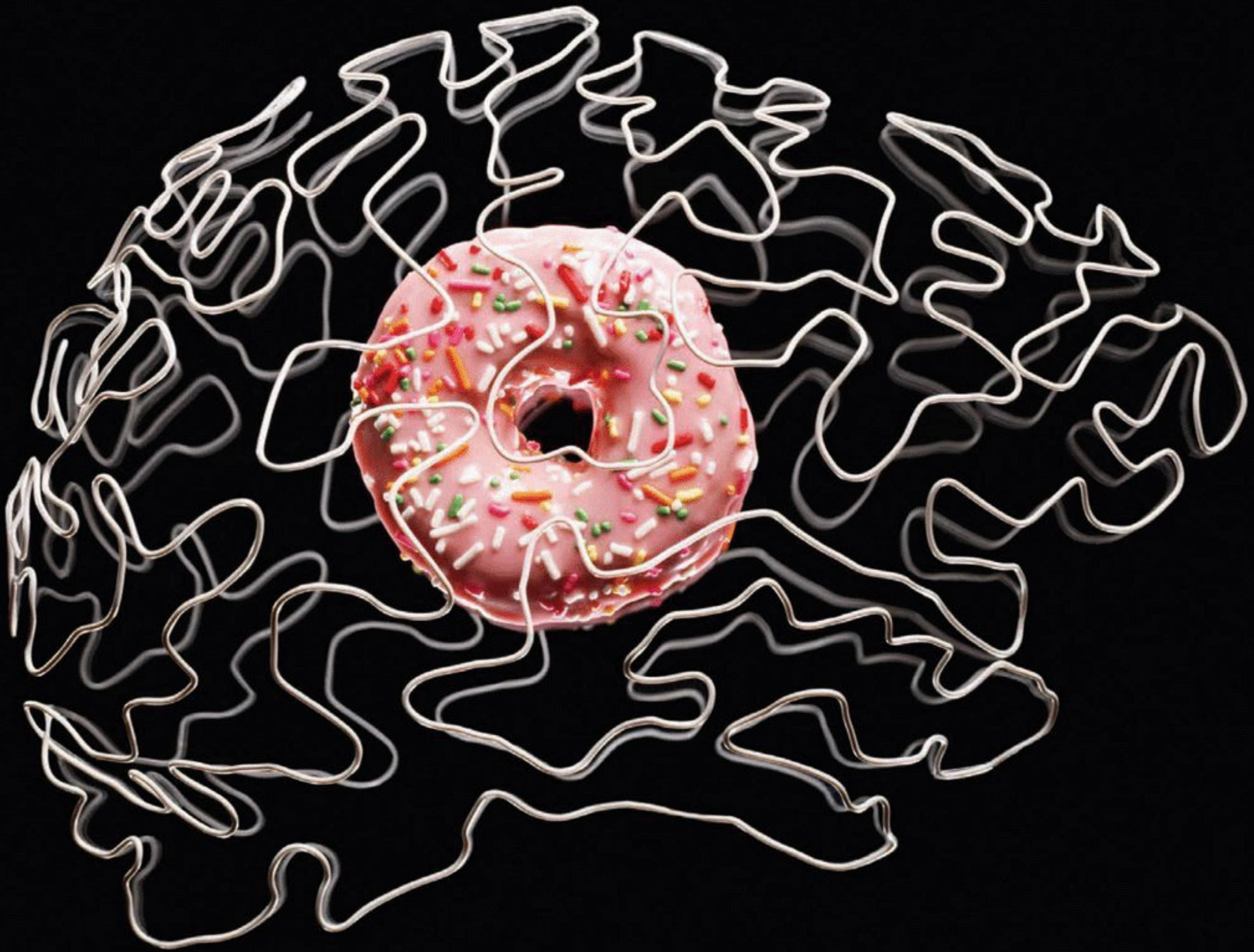
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Harness Your Hunger

Seven ways to silence a grumbling gut

BY PAUL KITA • PHOTOGRAPH BY STEPHEN LEWIS

BREAKFAST WAS TWO KRISPY KREME STRAWBERRY-FILLED DOUGHNUTS. • I needed something quick, so I downed the pastries in my car on the way to work. Feeling full and high on sugar, I tackled my inbox with gusto. But by 10 a.m., my gut was grumbling again—and lunch was hours away. • It was nothing like the previous morning, when I made an egg-and-Swiss sandwich on whole-wheat toast. Even though that had about 200 fewer calories than my Krispy Kreme binge, it kept me full till 1 p.m. Both breakfasts were satisfying—at the time. What was the difference? • The answer, fellow

hungry men, lies in your brain's dual perceptions of fullness. "Satiety" is the feeling of fullness at the end of a meal. "Satiety," on the other hand, is a measure of how long it takes before you're hungry again. • Of course, food companies don't want you to stay satisfied. Fifteen years ago, Susanna Holt, Ph.D., an Australian researcher who ranked foods according to their satiety power, approached a number of food companies for funding to continue her work. She's still waiting: The companies were motivated to *decrease* the satiety of their foods—so people would buy more. Take

Prop styling: Megan Caponetto, food styling: Celena Sinko

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Ridiculously thick yogurt. Luxuriously low in fat.

control. Master satiation and you can keep portion sizes in check; boost satiety and you can prevent needless snacking. Read on and you'll be able to fill your gut—and then lose it.

SATIETY SECRET #1

Know what (and when) to drink

Think of your stomach as a balloon. As you eat, it stretches. And once it expands to its maximum capacity, the sensors throughout your digestive system tell your brain's amygdala that it's time to stop chowing down—regardless of what you've filled your belly with. As Alan Aragon, M.S., *Men's Health's* nutrition advisor, puts it, "Eating half a roll of toilet paper would make you feel full."

To stretch your stomach without stuffing it with calories (or paper products), you need water. Aragon recommends drinking a glass 30 minutes before a meal and sipping frequently while eating. Water-rich foods—soup, salad, fruit, and vegetables—will also fill your belly without contributing excessive calories.

SATIETY SECRET #2

Fill up with fiber

Fiber draws water from your body and from the food you've eaten, and transports it to your intestinal tract, helping to deliver that meal-ending satiation, according to a 2009 study by researchers at the University of Washington.

Fiber may boost satiety, too. Since it passes through the body undigested, fiber slows the absorption of nutrients and makes you feel fuller longer, according to a 2008 study by researchers at the University of Minnesota. A 2009 study in the *Journal of the American Dietetic Association* found that adding 6 grams of soluble fiber (such as ground flaxseed) to yogurt provided the satiating power of an additional 260 calories. To reap the satiating benefits of fiber, aim for 25 to 35 grams daily.

Refined carbohydrates, on the other hand—like in those Krispy Kremes—are satiety killers. When participants in a 2008 British study drank a high-carb beverage for breakfast, they reported feeling hungrier at lunch than when they drank a beverage high in protein. Here's why: Too much sugar brings on a rapid spike in insulin, which causes a sugar crash later and triggers a craving for more food.

SATIETY SECRET #3

Pack in the protein

Protein, your muscle-growing fuel, also has the power to raise levels of peptides—synthesized amino acids—in your stomach. "These peptides initiate cross-talk with the brain on a molecular level to send out satiety signals," says Aragon. He recommends aiming for 20 to 40 grams of protein at each meal. (See below for a sample day of belly-filling food.)

SATIETY SECRET #4

Savor the flavors

Your belly is rumbling, and a waiter sets a juicy burger in front of you. Resist the urge to unhinge your jaws and swallow it whole. Thoroughly chewing your food increases what researchers call "oro-sensory factors," which send satiation signals to your brain, helping you feel full on less food, according to a 2009 study by Dutch researchers. Study participants who chewed each bite for an extra 3 seconds ended up consuming less. And skip those sippable meal-replacement shakes and calorie-clogged smoothies from the juice joint.

SATIETY SECRET #5

Trick your belly full

You can't trust your gut. Maybe you've heard about the Cornell University study with the trick bowls: People who ate soup from bowls that continuously refilled ate 73 percent more

than those who ate from ordinary bowls. The kicker: They rated themselves as feeling no more full. Scientists call this use of sensory cues to assess fullness "learned satiation." Try this: Dole out a portion of food onto a smaller plate and immediately place the rest in the refrigerator. Once you eat, the visual cue of a clean plate will signal that you've had enough—and the leftovers will stay out of sight and out of mind, in the fridge.

SATIETY SECRET #6

Avoid distraction at dinner

What you're doing while you eat might be as important as what you're eating. You're likely to consume much more food and eat for longer periods of time when you're distracted by television, music, or a computer, according to a 2009 review of studies published in *Trends in Food Science & Technology*. Eating while distracted interrupts brain-to-stomach satiation signals, making it harder to monitor your food intake. Also, distraction raises the risk of overeating the wrong types of foods—think popcorn at the movies.

The takeaway from all this is simple: When you eat, actually eat. Grab a seat. Focus on your meal. Don't check your e-mail or hit up Hulu for last night's *Daily Show*. Pay attention to your first plate of food and you might find that you don't need to go back for seconds.

SATIETY SECRET #7

Downsize your snacks

As long as you're eating satiety-inducing nutrients at every meal, you'll reduce your urge for food between meals, says Aragon. But if your gut's growling and your next meal is far away, a snack can help prevent you from doing a Joey Chestnut impression at dinner.

The problem is, our appetite for snacks has become insatiable. Between 1977 and 2006, Americans' snacking increased 11 percent while our average downtime between meals dropped from 4½ hours to 3½ hours, according to a 2009 study in the *American Journal of Clinical Nutrition*. The fast-food chains couldn't be happier with our snack fetish. McDonald's hawks a 340-calorie Snack Wrap, and Taco Bell's "Fourthmeal" campaign encourages eaters to inflate the midnight snack into a full-fledged second dinner, complete with its 770-calorie Nachos BellGrande.

If hunger hits, keep the snack, well, snack-sized. Grab food that's high in protein or fiber, like beef jerky, nuts, or cottage cheese, and keep your consumption under 200 calories, says Aragon. That way, you'll keep gut gurgling at bay without packing in a mini-meal. Whatever you do, skip the processed snacks that prime your gut for more, more, more. It's how a doughnut leads to a growling stomach before lunch. It's how a drive-thru dinner can lead to Fourthmeal at midnight. And it's how you can eat all day and never feel full. ■

Block that binge

Eat these satiating foods at mealtimes—and two sane snacks in between—to stay satisfied all day long—and avoid overeating

breakfast

A glass of milk (8 oz), 3 large scrambled eggs, a slice of Cheddar, and a medium apple



Pour tall: There's a gram of protein in every ounce. And the fluid aids satiation.



One egg contains about 7 grams of filling protein.



This on-the-go breakfast finale has 4 grams of fiber.

lunch

Chicken salad (½ cup) on whole-wheat bread, and a glass of iced tea (8 oz)



It's an easy way to pack in 22 grams of protein per serving.



Always pick whole-wheat over white for the extra fiber. Look for at least 3 grams in each slice.



Drink the real, unsweetened stuff, not the sugar-water posers.

dinner

Seared meat or fish (8 oz), some steamed broccoli (½ cup), a medium baked sweet potato, and a glass of water (12 oz)



It's loaded with enough protein to fend off a midnight snack attack.



Vegetables are a low-calorie way to eat more fiber.



H₂O may help stop you from scrambling for seconds.



**"I was reluctant to talk to my doctor
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I'm glad I finally did."**

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.



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Important Risk Information about ABILIFY

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[†] Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

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**Take the next step—ask
your doctor about ABILIFY.**

[†]Restrictions apply.



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ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-ri-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

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Based on Full Prescribing Information as of 11/09 1239550A7.

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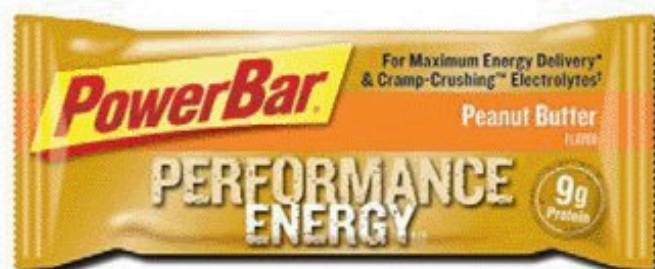


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Don't let your DNA ruin your chance to build muscle, strength, and power

BY DENNY WATKINS
PHOTOGRAPHS BY SCOTT MCDERMOTT

HERE'S A GUARANTEED MOTIVATION KILLER:

After months or years of dedicated lifting, you realize that you'll never bench your body weight, jump high enough to reach the rim, or hit double digits on pullups. It's just not in the cards. You start to wonder why you even bother.

It may seem unfair, but there will always be guys—some of whom inevitably find their way to the bench or squat rack next to yours—who seem born to excel at certain exercises. The truth is, they were. And you weren't. But that's no excuse to cancel your gym membership. "Even if your body proportions aren't ideal, you can still perform exercises that maximize your body's potential," says Todd Durkin, C.S.C.S., the owner of Fitness Quest 10 in San Diego.

So don't give up. Instead, sack up and tackle the problem head-on. Here are some common traits that can lead to frustration in the weight room, and ways to make the most of what you have to build a better body.

The problem: Long arms

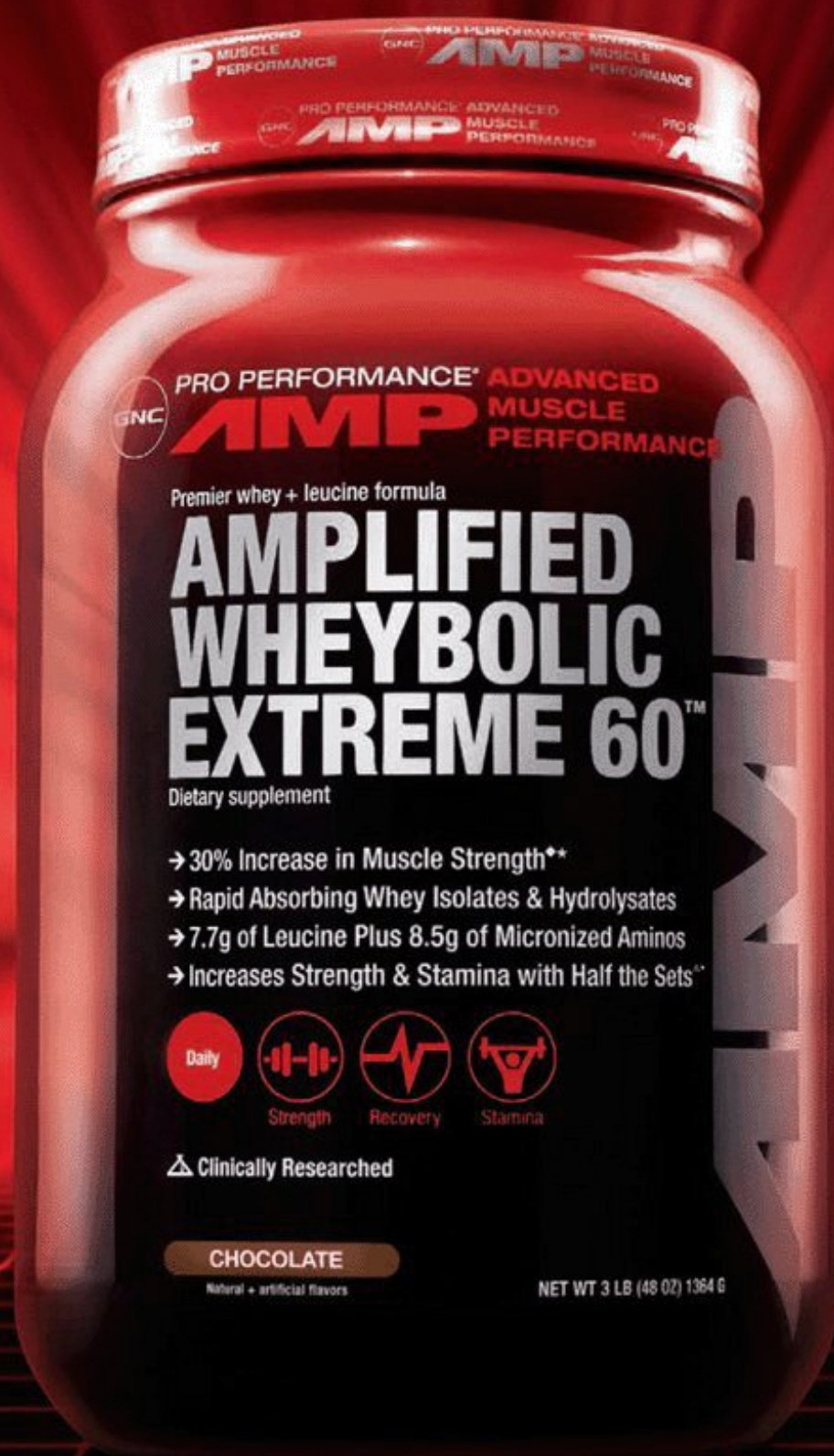
The bench press may be a barometer of masculinity, but it discriminates against long-limbed lifters. While the distance the bar travels does limit both performance and results, long arms can also set you up for injury. A tall man's ball-and-socket shoulder joint—the place where his upper-arm bone meets his shoulder blade—is more vulnerable than a shorter man's. "You actually drive your arm bone into the joint, setting yourself up for rotator-cuff injuries down the road," says Martin Rooney, P.T., C.S.C.S., of the Parisi Speed School.

• **The workaround** With medicine-ball throws, you can focus on speed instead of on lifting weight. "You'll work more of the fast-



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The smaller your hands, the harder it'll be to hold on to a barbell.

Strengthen your grip: Hold a heavy barbell in front of your thighs for 30 to 60 seconds.

Large hands give you an advantage performing pullups.

twitch muscle fibers that come into play during quick movements," says Durkin. No medicine ball? Do 3 to 5 sets of as many push-ups as you can in 30 seconds.

LYING MEDICINE-BALL THROW Lie on your back, using both hands to hold a heavy medicine ball against your chest. Push the ball just high enough into the air that it leaves your hands. Catch it, and immediately bring it back to your chest for the next throw. Do as many as you can in 30 seconds. Rest, and do 4 more sets.

The problem: Short arms

"Most of the big powerlifters you see have a short, stocky build," Rooney says. It serves them well on squats and bench presses. But when the bar starts on the floor, as with the deadlift, short arms force you to drop into a lower starting position. That changes your leverage and adds strain to your back.

• **The workaround** "With a sumo deadlift, placing your legs farther apart helps your hands start closer to the ground," Rooney says. It also allows you to begin with a more upright torso, taking stress off your lumbar spine.

SUMO DEADLIFT Stand with your feet about twice shoulder-width apart and your toes pointed out. Squat and grab the center of the bar using an overhand grip, with your thumbs 12 inches apart and your torso almost perpendicular to the floor. Without allowing your back to round, thrust your hips forward and stand up with the barbell. Then lower it, keeping it as close to your body as possible. Do 3 sets of 8 to 10 reps.

The problem: Small hands

Short-armed men tend to have smaller mitts; this makes holding the bar harder for them. A small hand's grip gives out faster, reducing the amount of work you can do on pulling exercises, says Rooney.

• **The workaround** Since you can't grow longer fingers, focus on your forearm endurance with grip training, Rooney says. Add these exercises to the end of any workout.

FARMER'S WALK Grab a pair of heavy dumbbells and let them hang naturally at arm's length next to your sides. Walk forward as long as you can, and then put the dumbbells down and rest. (If you last longer than 1 minute, use heavier weights.) Do this 3 to 5 times.

TOWEL BAR HANG Wrap a towel around a pullup bar. Grab the towel using an overhand, shoulder-width grip. Hang for 20 seconds, rest, and repeat.

The problem: No butt

If you rolled a quarter off the back of your head, would it hit anything on the way down? If not, you have a flat back, most likely caused by a pelvis that's tilted backward at the top. A tilted pelvis puts your lower back in a vulnerable position, setting you up for spinal injuries.

• **The workaround** Strengthen your hip flexors. Once they're in shape, they'll pull your pelvis back to neutral and improve your posture, says Eric Cressey, C.S.C.S., cofounder of Cressey Performance, in Hudson, Massachusetts.

LYING PSOAS MARCH Lie on your back with your right leg on the floor and your left leg off the floor and bent 90 degrees. Loop an exercise band under your right foot

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Muscle



and over the top of your left foot. (You can also use a low-pulley cable with an ankle strap, looped around your left foot.) Keeping your right leg steady, pull your left knee toward your chest without your lower back tucking beneath you. Pause, and return to the starting position. Do 10 to 12 reps; switch legs and repeat.

The problem: Long legs

For tall men—basically anyone over 6 feet—the back squat can present two problems, says Durkin. The first involves physics: The longer the bones in your legs, the farther the bar has to travel on each rep and the harder your muscles need to work to lift it. Even with perfect form, you'll have a tougher time adding size and strength. Men with shorter bones can do more reps with heavier weights.

The second problem is that your form is probably flawed. Longer bones have more opportunity to make false moves. You might struggle to keep your lower back in a neutral position (slightly arched) throughout the full range of motion. Or you might lean forward as you tire, putting stress on your lower back.

• **The workaround** Choose leg exercises that achieve more with less weight, such as the stepup. "You can work your legs hard but with potentially less back strain," says Bill Hartman, P.T., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training.

DUMBBELL STEPUP Holding a pair of dumbbells at arm's length next to your sides, stand in front of a step or bench that's about 18 inches high. Place your left foot flat on the step; your left knee should be bent

90 degrees. Push your left heel into the step and lift yourself up until your left leg is straight and you're standing on one leg on the bench. Lower yourself to the starting position. Do 8 to 10 reps and switch legs. To make it harder, place a barbell across your back.

The problem: Flat feet

Everyone is born with flat feet, but most people develop their shock-absorbing arches in childhood. Sometimes, however, the arches never form properly, or they fall from repeated stress, injuries, or some combination of the two. Either way, you end up with feet that can pronate—roll inward—when you walk, run, or jump.

Flat feet can also limit your strength and power in the weight room. "When you pronate, you're in deceleration mode," says Cressey. "Your foot needs to roll in the opposite direction to push off." That affects your strength on squats and deadlifts, and acts like ballast when you jump.

• **The workaround** Your glutes and hamstrings act as "anti-pronators," Cressey says. Strengthen them, and you can compensate for the loss of power caused by your feet.

HIP RAISE Lie faceup on the floor with your knees bent and feet flat on the floor. Raise your hips off the floor by flexing your glutes so your body forms a straight line from shoulders to knees. Pause, and lower your hips. Do 3 sets of 15 reps; when it becomes too easy, lift one foot off the floor and do a single-leg hip raise. Start with your weaker leg and repeat the set with your stronger leg. ■

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Hoping for the Worst

It's hard for a man to admit he's in over his head. And it's a lot harder—but even more important—when there's a baby on the way

BY DAN SLATER • ILLUSTRATION BY ANDREW ZBIHLYJ

I WAS IN MY BEDROOM, TYPING THE WORDS “rate of miscarriage” into Google. The first result was an old study that pegged it at 31 percent. I stared at the number, a flicker of hope. It was the first time I’d allowed myself to think that way. Four weeks earlier, my then girlfriend, an actress I’ll call Daisy, had walked into my apartment while I was cooking dinner, requested a sit-down, and said, “I’m pregnant.” Quickly, she added, “I can’t have an abortion.”

Inwardly, my stomach bottomed out. A routine response, I presumed. Outwardly, however, I hardly hesitated. I was 30. I was in a committed, if rocky, relationship. A child was the next step. The timing wasn’t ideal, of course. But when is it ever?

“It’s going to be all right,” I heard myself say. “We’ll make it work.”

She cried in that way people do when terror turns to relief.

“Don’t worry,” I said assuredly, assured of absolutely nothing.

WE MET BY CHANCE ON A SUBWAY PLATFORM

7 months earlier, just as Daisy was wrapping up a play. I was a lawyer-turned-journalist with a 401(k) and a closet full of dry-cleaned shirts. She was an instant thrill. We circulated the downtown theater scene, hung out with some famous people and with lots of gay people, and generally behaved with the exuberance of a hot new couple.

We moved fast. Within a few weeks, she invited her parents to my place. Daisy, who’d spent her 20s hopping between sublets, said my furnished apartment would be the most “stable” place her parents had visited her in.

I took encouragement from this and stood up straighter.

Over dinner, her parents asked about family and career plans. My answers were self-assured, each one a discreet guarantee of attainment. I was sure they were impressed—but truth be told, the bar was low: Her mom congratulated me on having kept my hair. I basked in the adoration. It stirred something.

For all the resentment women feel over men’s perceived freedom from the biological clock, in fact it ticked for me too. After a decade of serial monogamy I was growing self-conscious about my singleness. I sought the comfort of a unit, perhaps too eagerly. Because it should have been clear that Daisy and I were not a match. We were careerists. Self-sufficiency wasn’t high on her agenda. I had yet to learn the kind of selflessness that

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glues a relationship. I would lose my temper and then blame it on work stress. Even as our romance flared hot, we clashed bitterly. We had fights over serious things, like her going to L.A. for 3 months; fights over less serious things, like exes and conflicting schedules; and fights over meaningless things, like lost clothes and broken dishes. Indeed, a breakup had been in the offing from day one.

And yet this scene felt *right*: a woman's parents eating at my table, their daughter's hand on my leg. I was desperate to be the uncomplicated man I gave them the impression I was.

Which is why, perhaps, I didn't realize what it was that invested me so deeply in Daisy. She was approaching 30, a portentous benchmark in the life of a performer. Her unrealized dreams of acting had begun to oppress an already fickle self-image. Self-servingly, I'd built myself up as some kind of port in the storm. There I was, a reader, a writer, a serious young man, solid and reliable. I had lived. She loved me for it, apparently. And that made her the perfect mirror, in a way: warped just enough that I seemed perfect.

THEN CAME THE PREGNANCY. ON THAT FIRST night, Daisy studied my transformation. I looked into her eyes and saw that image of stability staring back at me, eager to call my bluff. I thought of her parents. Then I thought of my own family, splintered, characterized by cycles of estrangement. I was determined to do better.

All my life a fear of failure had fueled me forward. If there was ever a trial worth overcoming, or worth not failing, then this one—the proposition of fatherhood—was it. My idealized self was at stake. So I gathered myself up, thanks to an instinctive paralysis in the face of crisis, or my own kind of acting. Somewhere in the fog of this emotional middle ground—not wholly

insincerely, but far from genuinely—I took Daisy in my arms like the protector I longed to be, and we prepared to become parents.

WITH THE DECISION THUS MADE, WE DID WHAT expecting couples do—went straight to the concrete. Daisy scheduled doctor appointments and told me where to be and when. I pondered names: Stella for a girl, Henry for a boy. (Until we knew, it'd be "Stenry.") At my office I spotted a stack of pregnancy manuals. Must be a sign! I carted them home and directed Daisy's attention to a chapter on sex, which said that pregnant women are more easily stimulated because of increased bloodflow to the genitals. The authors pointed this out as a plus, and encouraged intimacy.

"Well," we agreed, with little sense of irony, "that's something we can actually handle!"

A few days in, Daisy said we should call our parents. Yes, I thought, *we must announce our intentions. That's the responsible thing. That's what adults do.* So the next night we gathered in a restaurant, raised our glasses, and toasted, as her father put it, "our expanding family."

I was sipping champagne when her mother turned to me and said, "Dan, you know we like you. But we know that in situations like this, there can be . . . resentment."

Resentment could wind up being the least of our problems. We'd be a family of three children. So why not come clean? Because I was supposed to want this. And because doubt felt shameful. Doubt amounted to failure. So rather than reveal an emotion—I'm not ready; we're not right—that risked lowering myself in the estimation of those I wanted so badly to want me around, I'd continue simulating maturity in the hope that faking it would eventually make it so.

WHEN THE SPOTTING BEGAN I TOLD DAISY not to worry. "I read in one of the pregnancy books that spotting is normal," I said, "particularly in the first trimester." But I don't know if I read that or if I was making it up.

Miscarriage hadn't occurred to me. I don't think it had occurred to her either. I'd been so busy driving forward, trying to ease myself into a role, that to inquire, even privately, about the possibility of miscarriage would have been detrimental to my game. The spotting pulled me out of that myopia.

That was the day I discovered that there was a 31 percent chance the pregnancy would founder.

And now I was two men: Even as I hoped

Doubt felt shameful. Doubt amounted to failure.

that the spotting meant what it most likely did mean, I couldn't give up the act of the caring partner, the doting father. Both roles felt partially right. So I whispered our private jokes into Daisy's ear, rubbed her back, and went out for more pads.

The next morning, she called me at the office to deliver the news. "They said they think I've had a miscarriage," she managed. There was a blood clot around the placenta. They couldn't detect a heartbeat.

I didn't know what to say. So I said, "I'm sorry," and then, dumbly, "Jesus."

Two days later Daisy was put under anesthesia and a doctor scraped the remaining cells from her uterine lining. Our futures had been returned to us to do with as we liked. I didn't know what that was just yet. But clearly I needed to reconcile who I was with who I thought I should be.

I realize that every day men become fathers in ways similar to the way I almost did. For many, I suppose, doubt is as common as any emotion and not, by itself, evidence that they're not ready or that something isn't right. My relief about the miscarriage, on the other hand, should have given me far more pause than it did. Now I know how to read myself.

After the miscarriage, we retreated home and lived less animatedly for a few more months. One night, we went out for Italian. During a lull in the conversation, Daisy asked me whether I'd live on a farm with her. I said that sounded nice and imagined a painting. Then her eyes turned glassy and she confided something: "I want to adopt a child."

"From where?"

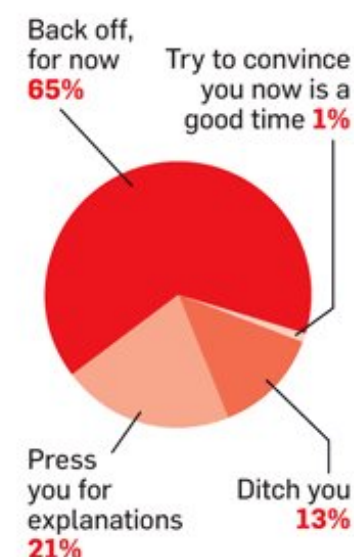
"I don't know. Somewhere. Can we? Is that something you'd do with me?"

It wasn't. Maybe that sounds selfish. It felt so at the time. But I wasn't ready. It was important to realize that. A few months later, we went our separate ways. ■

Not ready to commit?

We surveyed 553 *Women's Health* readers to find out what happens next

If you admit you're not ready to commit, she says she'll . . .



But to keep her, you have to work for it

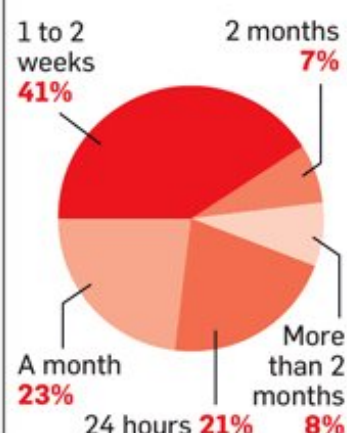
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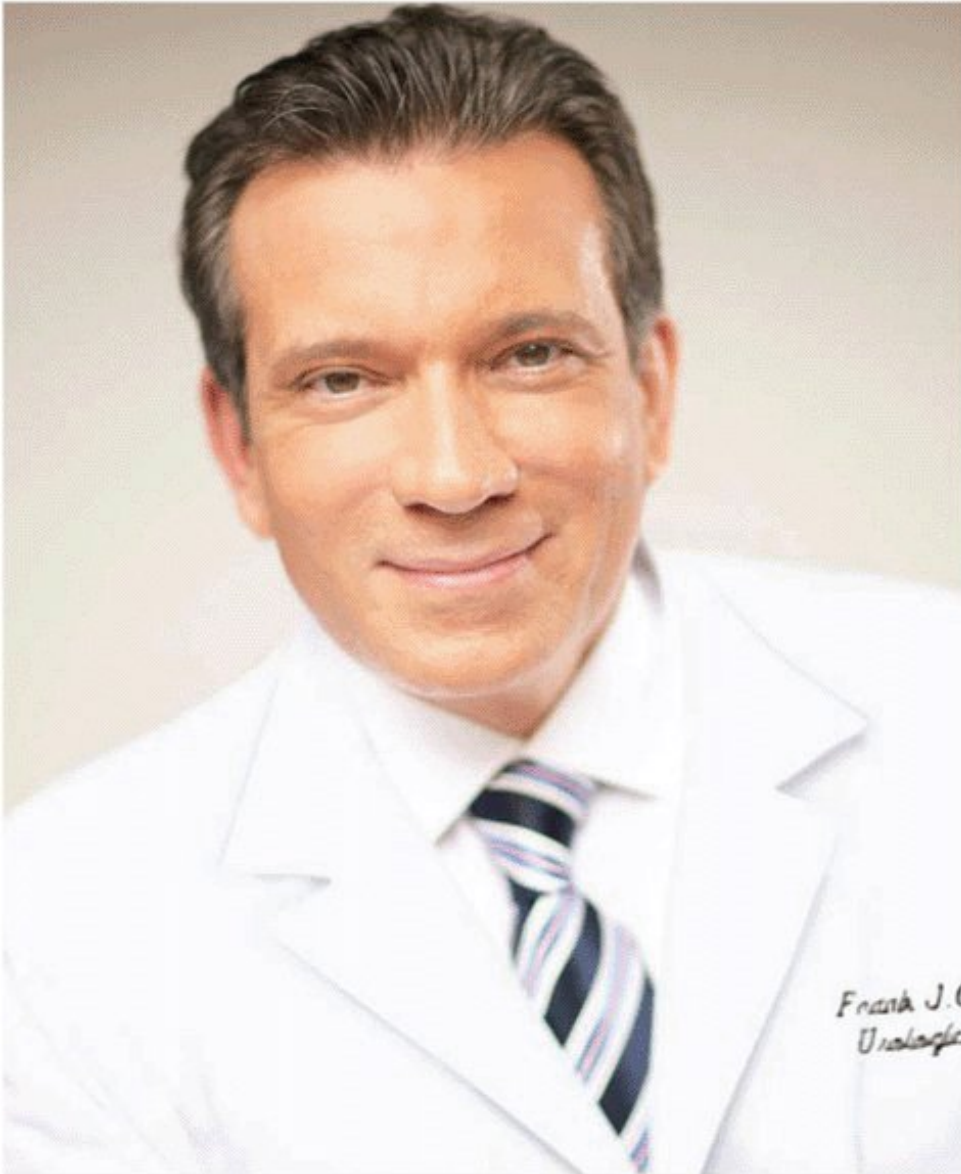
Percentage of women who say that if you're not ready to commit but still want her, you need to be readily available—returning e-mails and texts promptly—and be the one to make plans.

Less successful ways to keep her



And most important, you have to be the one who follows up. She wants to talk about commitment again in . . .



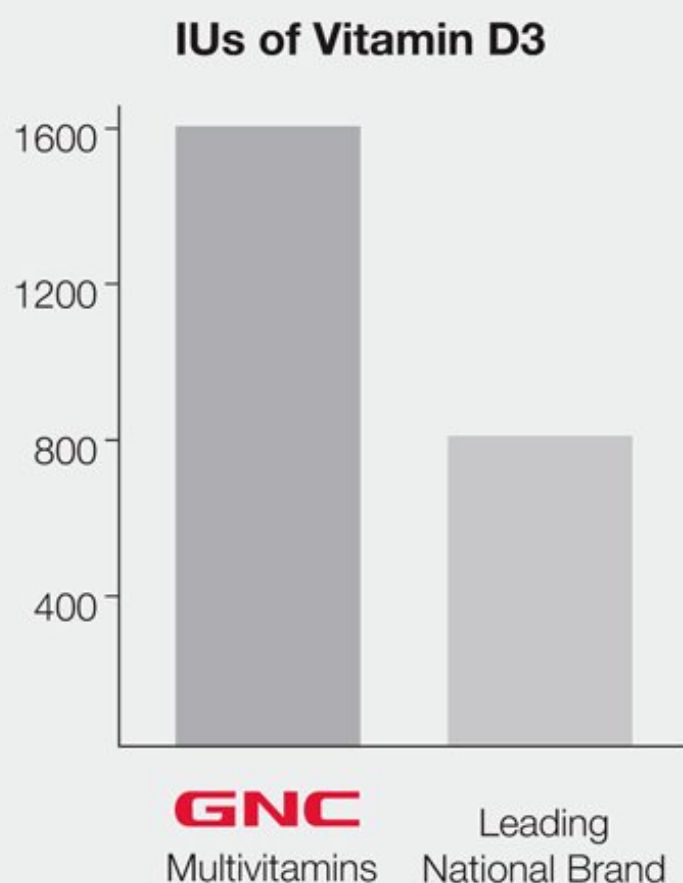


Frank J. Costa
MD

"Most of us don't get enough vitamin D. This is why I encourage my patients to have a simple blood test for deficiency. New research shows that vitamin D supports colon, breast and immune health in addition to bone health. Supplements are your best way to get vitamin D as opposed to the sun's damaging rays."

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Cash Test Dummy

Credit-card debt weighing you down? Can't seem to rein in your spending? Cash may be the cure

BY BRYAN SMITH
PHOTOGRAPHS BY BART COOKE

THE WOMAN BEHIND THE NORDSTROM

counter—powdered, perfumed, coolly polite in that detached way that seems to be taught as part of the store's official training—looks like she wants to wince, but settles for a slight, almost imperceptible lift of the eyebrows. I've just pulled out a modest wad of cash and a palmful of change to pay \$90.20—the total, with tax, for the Michael Kors sunglasses I plan to give my wife for her birthday. All around me, plastic flashes. Smartly, efficiently, like a scene out of a Visa commercial. Not a Jackson, Hamilton, or Benjamin in sight. As I fumble for the right amount, I feel a flush of self-consciousness.

I want to explain, to the saleswoman, to the other people browsing near the register: *I'm a writer for Men's Health, you see, and they've assigned me, ha ha, to find out what it would be like to live on cash only for a month—no credit cards, no debit cards, no checks. Crazy, right?* We'd share a laugh and they'd let me peel off a couple of bills and buy them all Frappuccinos. Instead, I pay for the sunglasses as if I were at a convenience store buying a *Penthouse*.

I take the package with a weak smile, and then head through the inscrutable luxuriance, feeling vaguely . . . ashamed. But for what? In a world of bankruptcies and debt-consolidation commercials and Goldman Sachs execs being hauled before Congress, of credit-card companies piling 30 percent interest on top of late payments on top of balloon balances, the person throwing off the shackles of the plastic life is the crazy one? This thing has turned all screwy. The world needs a hero, and it ain't the guy slapping down his gold card and rolling over five grand a month. It's the man with the dimes to say, "I've had enough and I'm not going to charge it anymore!"



THE RULES OF THE EXPERIMENT SPECIFY

that I'm allowed one nod to the modern age of money: I can withdraw cash from ATMs. I'm also given the option of paying bills by check. I choose not to. It feels . . . *soft*, like taking an automatic coffee grinder on a camping trip.

I soon have reason to regret my cockiness. Barely 3 days in, I nearly slip. I'd remembered to withdraw some cash that morning, but while waiting in line to pay for lunch, instinct takes over and I pluck out my debit card. I stand ready to hand the card to cashier when, at the last second, I catch myself and dig out a crumpled twenty.

My new life is taking some getting used to. Sometimes I forget to grab enough cash for the day, and, caught short, wind up paying a \$3 fee

at another bank's ATM—a mistake that leaves me muttering. Other times I overcompensate and take out a fat roll that leaves me paranoid and forever patting my back pocket to make sure my wallet hasn't been lifted.

I often forget to carry some coins, including a few pennies to make exact change for stickler cashiers, and as a result I come jingling home with pockets full of copper and silver.

I struggle especially with an old habit that in 13 years of marriage has never ceased to irritate my wife—jamming bills in my front pocket rather than slipping them into my wallet. My "origami money," she once called it—little swans and turtle-tens. "Not working with the skinny jeans," she'd say as she eyed the bulging pockets. I've also found that I lose money this

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way—the little buggers have a tendency to hop out when I reach in. Lesson one: That bill-sized slot in my wallet is there for a reason.

WHEN I TRY TO RENT A CAR, THE AGENT IS sunny and welcoming as I sidle up to the (mercifully) empty counter. But when I tell him my situation, his smile freezes.

"I'd like to rent a car," I say, "but there's a catch: I don't use credit or debit cards."

"Why?" he asks, the horrible frozen smile still on his face.

I shrug uncomfortably.

"Just kidding," he says chuckling.

He then gets down to business and tells me I'll need a \$150 money order as a deposit (returned to me within 7 to 10 business days, provided the car is brought back in good shape). I'll also need to bring my driver's license, of course, along with either a pay stub or a current utility bill. Both must have my current address. The bill has to have a zero balance. Only if everything is in order will my chariot await.

"So," he says, "last name?"

"Smith."

The smile.

"Are you from corporate?"

THE OBSTACLES PLACED IN THE PATH OF THOSE who would cut up their plastic are no accident. The credit-card industry didn't become such a colossus by making it hard for us to use the things. Quite the opposite. By making cards ultraconvenient, the industry has shoved aside hard currency and made cards the way to pay.

Every place, it seems, takes them. Facing a night in jail with barely enough in your pocket to spring for a commissary Butterfinger, much less post your bail? Whip out the plastic. (With some cards, such as Citi's, bail transactions actually earn you reward points). Staring down a big IRS bill? The tax man accepts all majors. Out of quarters for the parking meter? In Chicago, my hometown, just slide your card into the handy pay station and laugh at the cursing meter lady.

And there are perks with credit cards: frequent-flier miles, discounts, cash-back bonuses. If I'd used an American Express with purchase protection to buy my iPhone, then I wouldn't have had to pay to replace it after I



"Credit cards have become the norm. If you pull out cash, people want to know why."

threw it in the wash (really), along with several twenties that resembled tiny dachshunds.

The nasty side effect of the cards' popularity is that they have us hooked. A 2010 survey by the credit-reporting agency Experian found that the American consumer, on average, holds three credit cards and fully 13 percent of us have more than seven. Seven!

The price of this convenience? According to the Federal Reserve's May 2010 statistics on consumer credit, we collectively owe more than \$830 billion in revolving debt, which consists mostly of credit-card debt.

AS I'D EXPECTED, THE AIRLINES ARE A HASSLE, too. "No," I'm told by a booking agent for Southwest. "You can't reserve a flight over the telephone if you intend to pay for the ticket in cash." That means I'll have to drive to the airport and pay up front. Great. So I'm facing an afternoon stuck in traffic on the Kennedy Expressway to O'Hare.

She neglects to tell me the real ordeal: People paying cash for a flight should expect to be treated with all the courtesy afforded a shoe

bomber, particularly if they pay the same day. This point was driven home to me by U.S. Sen. Chuck Schumer, who was quoted in the news in the days following the near-escape of the alleged Times Square bomber: "The idea that someone would pay cash [for a plane ticket] and just walk on an airplane, particularly when they bought their ticket at the last minute, is very confounding," he said.

And by the way, that in-flight cocktail I'll need to numb my nerves after all this? I won't be able to have it unless I smuggle in a flask—at least one major airline no longer accepts cash for drinks or food.

Still, at least the airline ultimately lets me pay cash for my ticket. Later, when I ask the manager at my parking garage if I can pay my monthly bill in tens and twenties, he looks at me aghast.

"What?" he says. "No no no. No way."

"Why not?" I ask.

"Burned too many times."

"Burned? With cash?"

"It has a tendency," he says, channeling Tony Soprano, "to go missing. How about a check?"



Jean Chatzky is founder of The Debt Diet (jeanchatzky.com/debtdiet).

ASK THE MONEY COACH by Jean Chatzky

I've managed to run up \$3,000 in credit-card debt. What's the best plan for paying it off quickly? Jay C., Pittsburgh, PA

Many credit-card issuers will lower your rate; you just need to know how to ask. Check out negotiatemyrate.com to see how much success others are having with your company. The site even provides a sample script for your call. To free up cash to pay down your debt, think

small. Canceling some of your premium cable channels, or forgoing a few cellphone bells and whistles can quickly add up to \$50 or more.

How do I inspire my wife to bring her spending under control? Mike A., Reno, NV You can dream. Seriously. People's brains are wired to prefer spending to saving—we enjoy the instant gratification. It's even harder when

you're saving for amorphous goals like "retirement." We save much more effectively, and thus spend less, when we know what we're saving for. Talk to her about where you want to be in 2 years, 5 years, 10 years. What are your big goals? After you agree, discuss what you'd each be willing to give up today to fund tomorrow. Now you've empowered and incentivized her. The best part: In the end, you both win.

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"No," I sigh, anticipating what's coming next. "I don't use them."

"Well, you could get a . . ."

"I know, I know. A money order."

BESIDES THE CONVENIENCE ASPECT OF plastic, there's an even more insidious factor: social pressure, says Art Markman, Ph.D., a professor of psychology and marketing at the University of Texas at Austin.

"What's happened is, credit cards have become the norm," he says. "And whenever you violate a norm, it needs an explanation."

For example, "If you walked into an elevator and stood facing backward, away from the door, people would want to know what's up," he says. "These days if you pull out cash, people want to know why."

The problem, Markman says, is there's no acceptable backstory. "I'm a vegetarian, but if people ask, I can tell them something—I don't like meat or it's an ethical issue," he says.

When it comes to paying in cash, he says, "the most available explanation is, 'Well, I guess you couldn't get a credit card,' which is not a particularly good reflection on you because it means chances are you've gone bankrupt or you have lousy credit."

That may account for the discomfort I felt at Nordstrom, he says. Or the twinge of uneasiness when I paid cash at a fancy restaurant. Or the time the Whole Foods cashier snatched one of the twenties I gave her and raked a special pen across it to see if it was counterfeit.

"What happens if it's a fake?" I asked. "We arrest you on the spot," she deadpanned.

Lesson two: To survive in a Visa world, I'll have to forget about what other people think.

AS THE EXPERIMENT HITS ITS MIDPOINT, I notice something intriguing: I'm not completely certain, but it appears I've been stretching my money further. With plastic, I didn't hesitate to visit the Starbucks across the street. Now I find myself thinking twice. *Do I really need that scone? Is it worth a trip to the ATM?* There's something about the act of handing over hard currency, it seems, that's giving me pause. Or to put it another way, something about using plastic—credit or debit—that felt too easy.

Turns out it wasn't my imagination. In a series of studies, Priya Raghuram, Ph.D., a marketing professor at New York University, and Joydeep Srivastava, Ph.D., of the University of Maryland, found that credit cards subconsciously give us a green light to spend more.

In one study, for example, the researchers gave two groups of people menus for a fictional restaurant—one with a "credit cards accepted" logo, one without. Neither group was aware that spending was the focus of the experiment. People who had the pro-credit-card menus were likely to spend more than the cash-only group. "We found very large differences—double-digit differences—in people's likelihood of spending using cash or credit and the amount they were willing to pay," says Raghuram.

The reason? "Credit cards effectively anesthetize the pain of paying," says George Loewenstein, Ph.D., a professor of economics and psychology at Carnegie Mellon and coauthor of a 2007 study on spending and the brain.

Raghuram has noticed a similar phenomenon. "There is a very visceral psychological pain associated with paying by cash that is not present when paying with credit," she says. We do feel that pain when our credit-card statement arrives, she explains; however, "that occurs only once a month and you get your sticker shock—but it's over and you move on. With cash, you're going to feel the pain associated with individual transactions each time you pay."

Okay, so we feel pain each time we use cash. Seems like a crappy way to go through life.

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That's where I learned my final and most pleasantly surprising lesson: Yes, it hurts to fork over the cash, but it's actually a good kind of hurt in that it imposes spending discipline.

THOUGH I DIDN'T DO AN ACTUAL COMPARISON, I'm certain I saved money—maybe even hundreds—in my monthlong exercise. (A Texas family who tried a similar experiment said they saved \$1,800—about a quarter of their typical monthly spending.) I know the experience has changed the way I think about spending. It definitely has renewed my commitment not to take any more dives into red ink.

By now there wasn't anything I felt I couldn't do using cash: bankroll a Caribbean

vacation, buy a car. I could also shop online. How? By using a payment service like PayPal or Google Checkout, which links to my bank account. My wife even persuaded me to straighten out my origami money and slip it neatly into my wallet.

Am I still a cash-only guy? Actually, I do use a debit card, although I pay with cash much more often than I used to. I also keep a single credit card—a corporate American Express I can use only for business-related expenses, and that must be paid off every month.

Markman gives this approach a thumbs-up: "What's important ultimately is to find a strategy that allows you to feel comfortable with the way you make purchases."

A FINAL BIT OF VALIDATION COMES IN THE FORM of a rather pudgy middle-aged man with spattered overalls. He works for a company called Mr. Grout, and my wife and I had called him to caulk the bathroom.

He does his work with alacrity. Not only does he take care of the floor, but he seals the back of our sink and squirts some caulk in the corner of the shower, no charge. When he finishes, I almost reach for my checkbook—old habits die hard—and ask, "Do you take cash?"

We look at each other for a suspended moment, and then he breaks into a broad smile, arms extended, palms up. No more words are spoken. I smile back and, with an alacrity of my own, go for my wallet. ■

The cash maxims If you decide to go green, always . . .

1 Request a receipt
Every credit-card transaction automatically generates a receipt. But when you pay cash, you have to ask for a receipt. Without one you're screwed if you try to return the merchandise or dispute a transaction. And make sure the slip says "paid."

2 Ask for discounts
Merchants pay credit-card companies billions each year in service fees on purchases. That's why many retailers cut the price if you pay cash. These discounts are rarely advertised, though, so open your mouth before you open your wallet.

3 Track your cash
Credit cards let you go online and view an itemized list of your purchases. Do the same thing with cash by recording your transactions in an expense manager, such as the CashTrails app for the iPhone (\$5) or Expensify for smartphones (free).

4 Know the nearest ATM
Many banks charge you an ATM fee if you're not a customer, and sometimes your own bank socks it to you for using a competitor's machine. Go to your bank's Web site and look for its ATM finder app. Download it now. BRYAN SMITH

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Five Essential Meals for Men

It's not about mastering the classics. It's about finding the recipes that fit your life

BY ADINA STEIMAN
PHOTOGRAPHS BY MARCUS NILSSON

YOU PROBABLY HAVE A DESERT-ISLAND LIST of the music or books—or women—you'd want to have around if you were shipwrecked. But when it comes to the meals you can live on indefinitely, it's not as simple as playing favorites. The best recipes are the ones tailored just for you: foods that fit after a long day at work, when someone stays for breakfast, or late at night when you crave sustenance. Master these dishes and you'll never be stranded, no matter when your hunger strikes.

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The One-Pan Breakfast

BIG BREAKFAST FRY-UP

When a woman stays for breakfast, cold cereal won't cut it. But juggling the timing on eggs, bacon, and home fries can be tricky. Use this all-in-one recipe instead. "Because you serve it rustic-style—directly from the pan it was cooked in—it's a simple yet sexy presentation," says chef Tyler Florence of Wayfare Tavern in San Francisco and the author of *Tyler Florence Family Meals*. "Add some toasted country bread and you're done."

- 6 strips bacon, cut into 1-inch pieces, or 4 quarter-inch-thick slices pancetta, diced
- 1 cup button mushrooms, quartered
- 1 cup grape tomatoes, halved

Coarse salt and freshly ground pepper
Extra-virgin olive oil

- 8 large eggs
- Fresh thyme leaves
- 1 handful arugula leaves
- 6 slices Italian country loaf, toasted

1 In a large skillet over medium heat, cook the bacon until crispy, 5 to 6 minutes. Then transfer it to a paper-towel-lined plate to drain, leaving the fat in the pan. Add the mushrooms and tomatoes to the pan and sauté on medium high until the mushrooms are lightly browned, about 1 minute. Sprinkle with salt and pepper and transfer the mixture to a plate.

2 Reduce the heat to low; add 1 to 2 teaspoons of olive oil to the pan if needed, and then carefully crack in the eggs. Cook them sunny-side up, or until the whites are set but the yolks are still runny.

3 Distribute the bacon and the mushroom-tomato mixture evenly around the pan. Sprinkle on salt and pepper, and add the thyme and arugula. Add a drizzle of olive oil. Serve straight from the pan with the toasted bread. *Makes 4 servings*

No time? No worries

4 shortcuts to a fast meal

When it comes to cooking, time just isn't on your side. In a recent *Men's Health* survey, 37 percent of men said they cook at home at least three times a week, but 48 percent avoid it because it takes too long. To shave precious minutes off your cooking times, use these tips from Mark Bittman, author of *How to Cook Everything*.

1 Chop everything at once

Have your vegetables prepped and ready to go before you start cooking in order to avoid slow-downs along the way.

2 Clean as you go

You don't have to be obsessive about this, but if you use a pan, wash it; you'll have more space to cook and less to do after you eat.

3 Multitask

Make the salad while your meat cooks; have the rice going while you peel the shrimp; grate Parmesan while you wait for the pasta water to boil.

4 Cook the basics in bulk

When you cook beans, grains, broth, or tomato sauce, make double and freeze the rest. With a minimum of effort, you'll have a head start on your next meal.

The Weeknight Pasta

LINGUINE WITH CLAMS

Opening a jar of red sauce might be the default move when you're craving pasta, but there's another way to go: quick-cooking clams in a sauce made from pantry staples, such as olive oil and garlic. "It's the easiest way to look like a rock star," says Frank Falcinelli, co-chef at Frankies 457, in Brooklyn. "Grab some clams on your way home from work and you're set," adds Frank Castronovo, the other co-chef at Frankies.

- ½ lb linguine or spaghetti
- 2 Tbsp extra-virgin olive oil
- 2 garlic cloves, smashed and finely chopped
- 1 large pinch red-pepper flakes
- 12 littleneck clams, scrubbed
- ¼ cup finely chopped flat-leaf parsley
- Freshly ground pepper
- Coarse salt

1 Bring a large pot of water to a boil, salt it well, and add the pasta. Now start the sauce: Add the olive oil to a large skillet or sauté pan over medium-high heat. After a minute, add the garlic and cook it, stirring, until it's deeply golden but not yet browned, 2 to 3 minutes.



Too busy to buy clams? Toss freshly cooked pasta with sautéed garlic, grated Pecorino, and chopped parsley.

2 Add the red-pepper flakes. Then add the clams, cover the pan, and reduce the heat to medium low. Cook, shaking the pan occasionally, until the clams open and release their juices, about 5 minutes.

3 Take the pasta off the heat a minute or so earlier than the package instructions specify. Drain it well and transfer it to a platter. Pour the clam mixture on top and sprinkle on a pinch of salt and the parsley. Finish with lots of freshly ground pepper. *Makes 2 servings*

The Late-Night Snack

THE TORTA DOG

After a long night out, it's a shame to quell your hunger by dipping carrots in peanut butter. There's another way to engineer the contents of your

fridge into a snack: the Torta Dog. "It's a fast, creative version of a classic Mexican sandwich," says Vinny Dotolo of Animal restaurant in Los Angeles. "It's got the hit of protein you need, and it works no matter what you put on it."

- 1 all-beef hot dog
- 1 soft corn tortilla
- Small handful shredded Cheddar or Jack cheese
- Your choice of toppings: cooked bacon, canned beans, sliced avocado, sour cream, chopped tomato, salsa, sliced scallions
- Hot sauce or sliced pickled jalapeños to taste

1 Microwave the hot dog on a plate until warmed, about 30 seconds. Then place it on the tortilla and top it evenly with cheese. Microwave again until the cheese is melted. Add your toppings, fold up the tortilla, and enjoy. *Makes 1 serving*

Food styling: Stephona Bottom, prop styling: Angharad Bailey. Tortilla plates available at alessi-shop.com, black skillet available at lecreuset.com

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Butterflying a chicken makes it cook faster and helps the skin turn extra crispy.

The Fast, Impressive Dinner

POLLO ALLA DIAVOLA

Roasting a chicken has always been a great way to score chef points effortlessly. This version cooks up fast—and looks amazing on a platter. Start a day ahead by marinating the bird. After you roast it, you'll make a quick pan sauce. "We use homemade pickled peppers for the sauce, but store-bought works fine," says Nick Anderer, chef of Maialino, in New York City. "The chicken's great with sautéed broccoli rabe or roasted potatoes."

- 3 Tbsp extra-virgin olive oil
- 1 tsp coarse salt
- 6 sprigs fresh thyme
- Cracked pepper to taste
- Red-pepper flakes to taste
- 1 whole chicken (3 to 4 lb), butterflied (ask the butcher to do this, or use four leg quarters)
- 1 cup low-sodium chicken broth
- 1 cup pickling liquid from jarred hot cherry peppers, plus peppers for serving
- 2 Tbsp tomato sauce or puree

1 The day before you cook the chicken, combine the oil, salt, thyme, pepper, and red-pepper flakes in a wide baking dish. Add the chicken, turning it to coat it evenly, and then cover and refrigerate it overnight.

2 Half an hour before you're ready to cook, remove the chicken from the fridge. Preheat the oven to 375°F. Place a cast-iron skillet or other ovenproof pan in the oven until it's medium hot, about 5 minutes.

3 Remove the pan from the oven and add the chicken, skin side down. Then add another cast-iron skillet on top of the bird to weigh it down. Place the chicken in the oven to roast until it's golden brown and juices run clear when it's pierced in the hip joint, 45 to 55 minutes. Remove the chicken to a cutting board to rest, leaving the juices in the pan.

4 To make the sauce, place the pan on medium-low heat and whisk in the broth, pickling liquid, and tomato sauce, scraping any browned bits from the bottom of the pan. Simmer until the liquid is slightly thickened, 5 to 10 minutes. Cut the chicken into quarters and serve each with the pan sauce and a cherry pepper. *Makes 4 servings*

The Go-To Stir-Fry

LEMONGRASS PORK WITH BOK CHOY

When you've eaten one too many burgers, you need a hit of vegetables. This Southeast Asian-style stir-fry is easy to make—no need for a super-hot wok—and has a fresh taste that they can't match. "For the vegetables, you can use any hearty leafy greens that you have on hand," says Tien Ho, chef at Má Pêche in New York City.

- 4 Tbsp canola oil
- 1 stalk lemongrass (outer layer discarded), finely chopped
- 2 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 1 lb ground pork
- 1 tsp red-pepper flakes
- ¼ cup fish sauce (available in the Asian aisle of the supermarket)
- Pinch of salt and sugar
- 1 package (14 oz) flat rice noodles
- 1 medium onion, halved and thinly sliced
- 2 baby bok choy (bottoms trimmed), thinly sliced crosswise
- 1 bunch Chinese broccoli, sliced
- 1 handful fresh basil leaves

1 In a medium skillet, heat 2 tablespoons of the canola oil on medium. Add the chopped lemongrass, shallots, and garlic, and sauté the mixture until fragrant, about 2 minutes. Remove the sautéed ingredients to a plate.

2 In the same skillet over medium heat, sauté the ground pork, breaking up any large clumps, until it's cooked through, 5 to 7 minutes. Add the lemongrass mixture, along with the red-pepper flakes, fish sauce, and salt and sugar. Continue to cook until the sauce becomes thickened, about 5 minutes. Remove from the heat and set aside.

3 Cook the rice noodles according to package instructions. In a large skillet on medium high, heat 2 tablespoons of oil. Then add the onions and cook until slightly soft, about 4 minutes. Add the bok choy and Chinese broccoli, and cook until just tender, about 4 more minutes.

4 Add the pork mixture and rice noodles to the vegetables. Then add the basil and toss to combine, adjusting the seasoning as needed. *Makes 4 servings* ■



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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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Make Lust Last

Build strong bonds, and better sex will follow

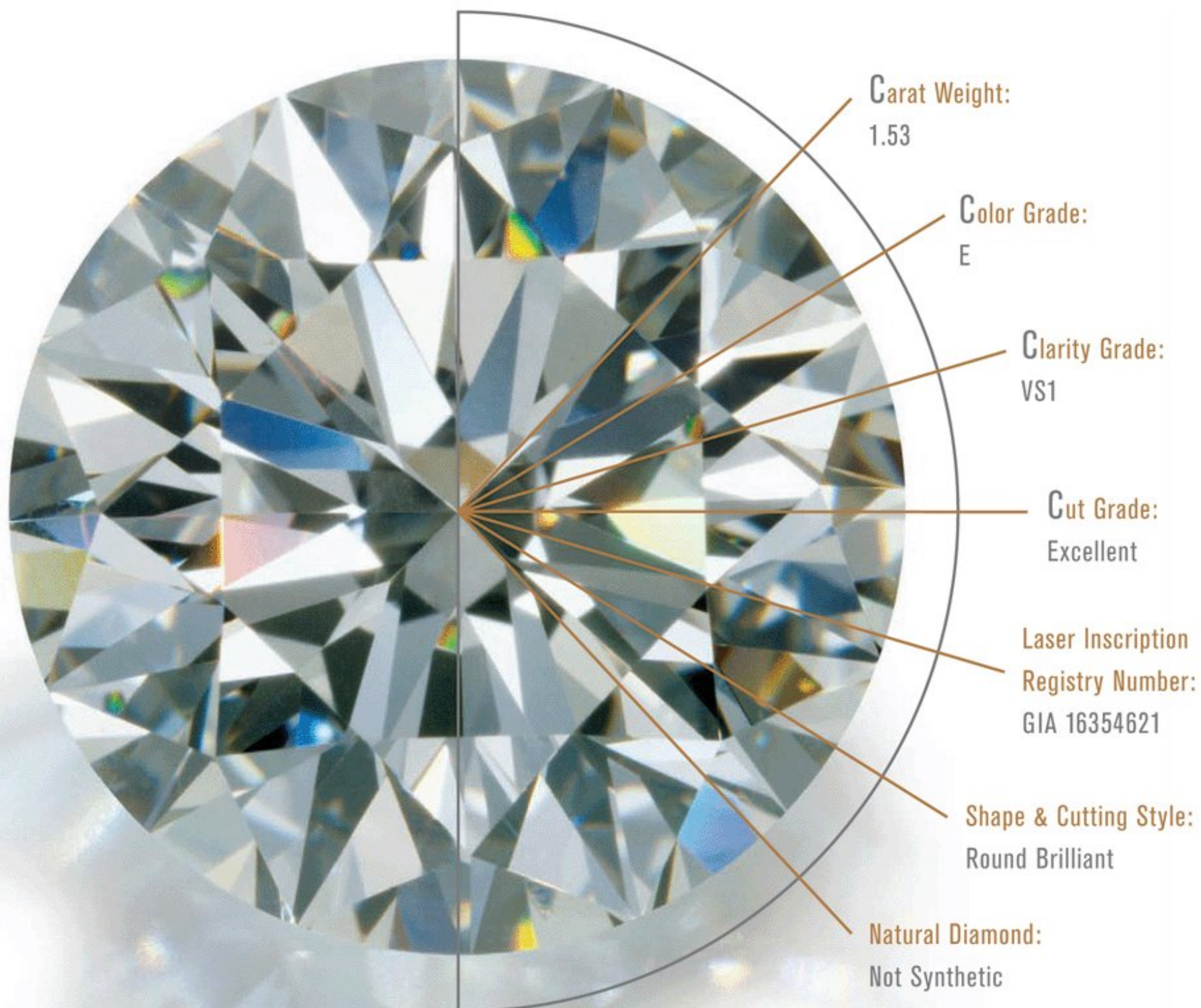
BY ELIZABETH SVOBODA

IT'S BEEN WELL DOCUMENTED THAT MARRIED PEOPLE HAVE SEX MORE often than single people do. But it's not always great sex. If you're looking to recapture the manic sexual frenzy of your first months together, fuzzy handcuffs and herbal supplements just won't cut it. In fact, you'll probably feel just as stymied as you did before you tried to amp up the action, says Sandra Scantling, Psy.D., a certified sex therapist. "People think lust is a prerequisite

for having great sex, but it's just one biological piece of attraction," she cautions. • So what will elevate the ecstasy? Simply being up close and personal, in the share-nearly-everything, build-rock-solid-trust sense. "Comfort is the best aphrodisiac," Scantling says. "It's about the lasting experience of connection." Dive into this guide to keeping your physical and emotional bonds strong, and you'll never fear stumbling into a long-term sex rut.

Chris Graymer/istockarchive.com

BEFORE YOU “I DO,”
MAKE SURE YOU “I KNOW.”



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THE DIFFERENCE BETWEEN WONDERING AND KNOWING.

Track the good times

One way to combat the common trap of long-term boredom is to make sure you're always using your baseline affection as a springboard for exploration and adventure. In a recent University of North Carolina study, people who felt that their partners appreciated them expressed more satisfaction with their relationship. "The key is to cultivate a 'beginner's mind' and look at each other from a fresh perspective," Scantling says.

Your move Make a list of five to 10 qualities you admire most in your partner. Then, each time you notice one of those qualities in her behavior, let her know how much you value it. As she senses your efforts at showing appreciation, she'll likely respond in kind—and both of you will be happier for it. Another strategy: Start using that vast backlog of digital photos you've been taking and collaborate on a photo album. Do it old-school, printed-picture-style, in a way that memorializes the funniest and best times you've had together. Doris Bazzini, Ph.D., of Appalachian State University, found that couples who laughed and reminisced about good times were more likely to feel more satisfied with their relationship.

Become a sculptor

A man who's in a long-term relationship sometimes says of his partner, "She brings out the best in me." That's actually true. In the best relationships, partners support and encourage each other in ways that help both of them become the people they want to be.

Summarizing results from recent studies, Eli Finkel, Ph.D., a psychologist at Northwestern University, concluded that the more each partner promotes the other's ideal self, the better a relationship functions and the happier both partners are. Researchers call this the "Michelangelo phenomenon," because the famed Renaissance sculptor described his artistry as releasing the sculpture residing in a block of stone.

Your move Map out long-term goals for yourselves. Doing this allows you to help each other without adding unnecessary pressure. (It's remarkably easy to go from gently prodding your unemployed partner to apply for jobs to berating her because she's not taking the exact steps you think she should be taking.) The best way to make sure you're supporting her without coming across as a stage manager, Finkel says, is to spend time once or twice a year going over those goals. That way you can gain a more specific idea of the kind of encouragement your partner actually wants. Try asking straight out, "What's the best way I can help you?" For instance, if she already has a job but secretly harbors dreams of switching her career to nursing, she might appreciate a gentle reminder about registering for night classes or a celebratory dinner when she does well on a big test.

Trick your brain

When you first fall in love, your brain teems with a cocktail of addictive love chemicals. Brain scans of men and women in the throes of new love reveal high activity in the brain's caudate section—the area responsible for cravings—in addition to its ventral tegmental zone, which produces dopamine. That's the same powerful neurotransmitter that floods the brains of people who are high on drugs.

Of course, a drug-fueled high doesn't last forever, and dopamine levels tend to slide once you're deep into a relationship. But another chemical, oxytocin—a pituitary-gland hormone that promotes sexual arousal and bonding and elicits feelings of attachment and security—takes over as the relationship progresses. It continues to be released long after the initial dopamine high has worn off.

Your move Your goal is to stimulate oxytocin production. That's an incredibly unsexy way of saying "cuddle and have sex as often as possible," because in reality, both activities produce the hormone. It might seem like a backward approach, but having sex can make the romantic side of your relationship sizzle, says Bianca Acevedo, Ph.D., a social neuroscientist at the University of California at Santa Barbara. "The neural circuitry used for sex overlaps with the circuitry for pair bonding," she says. One easy way to carve out more time together is to head to bed half an hour earlier than you normally would. This gives the two of you the chance to focus exclusively on each other with no outside distractions. And invest in TiVo so you're never derailed by the thought of missing your favorite television show. *Mad Men* can wait!

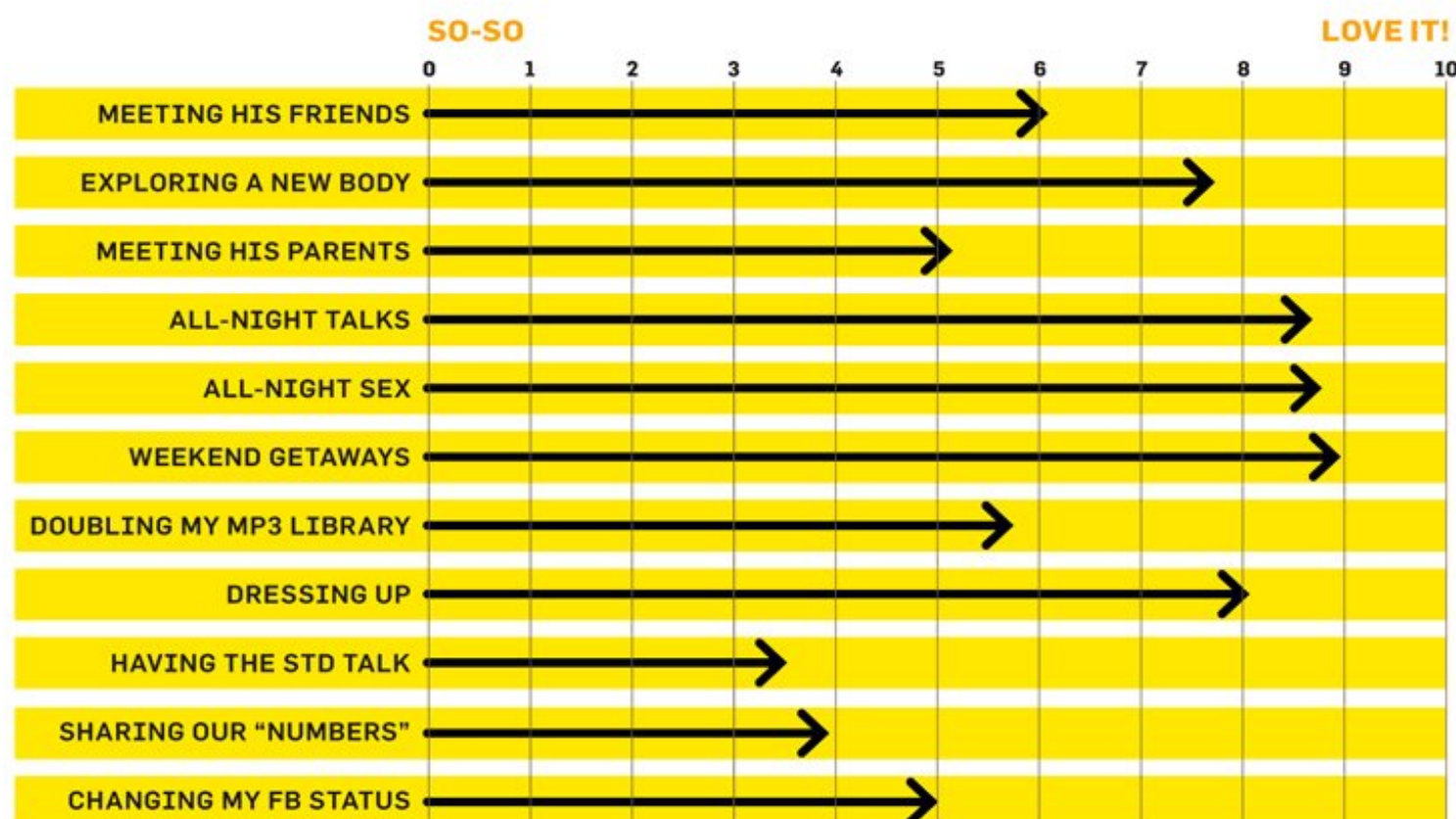
Spill your guts

The strong, silent stereotype is the last thing you want to embrace when it comes to building a lasting bond with your partner. In fact, improving your communication skills may have the added benefit of boosting your sex life. In a 2008 couples study at Texas A&M University, researchers analyzed each man's willingness to disclose exactly what he was feeling, as well as the empathy he displayed toward his partner while she was talking. Men who scored well in both categories felt greater intimacy with their partners later on—a feeling that was reciprocated by their grateful mates. "When you see that she treats you well when you are vulnerable, you feel warmer toward her," says Los Angeles psychologist Seth Meyers, Psy.D., the author of *Dr. Seth's Love Prescription*. "In turn, when she knows that you trust her enough to be vulnerable around her, she feels more connected to you."

Your move Every day, start at least one conversation with your partner about a topic that interests both of you. It can be about anything, from Stephen Colbert's latest hilarious sketch to your desire to travel the world with her someday. Don't think of this as a duty but as a way of enjoying the time you spend with her even more. "Do your best to make it fun. And don't force the communication—it will flow organically if your priority is to make each other feel tended to and comfortable," Meyers says. If you can't think of anything to chat about right off the bat, he suggests finding a couples quiz in a magazine or online, and taking it together as you watch television or eat dinner. "The point is to find vehicles to start the two of you talking." ■

What's most exciting about a new relationship?

566 women show us what keeps things fresh.





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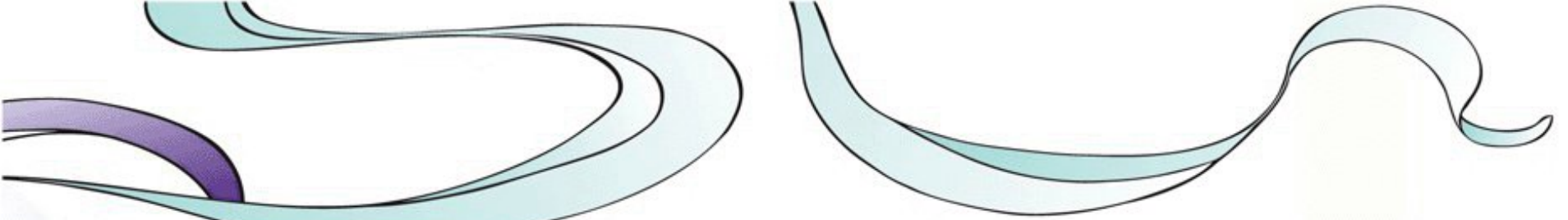


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STELARA™ is a prescription medicine approved to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION

STELARA™ is a prescription medicine that affects your immune system. STELARA™ can increase your chance of having serious side effects including:

Serious Infections

STELARA™ may lower your ability to fight infections and may increase your risk of infections. While taking STELARA™, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA™ and watch you closely for signs and symptoms of TB during treatment with STELARA™.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA™.

You should not start taking STELARA™ if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA™, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA™, call your doctor right away if you have any symptoms of an infection (see above).

STELARA™ can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA™ will get any of these infections because of the effects of STELARA™ on these proteins.

Cancer

STELARA™ may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

Before receiving STELARA™, tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS.
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA™.** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA™.
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA™ include: upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA™. Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read accompanying Medication Guide for STELARA™ and discuss any questions you have with your doctor.

If you suffer from **moderate or severe psoriasis...**
Imagine the possibilities of clearer skin

4 doses a year
after 2
starter doses

Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA™ patients saw at least 75% clearance, and 7 out of 10 patients had their psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*

The safety and effectiveness of STELARA™ have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA™ is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter. Each injection is given using a small needle. STELARA™ is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you. Make sure you keep all your scheduled follow-up appointments.

Ask your dermatologist about STELARA™.

Visit STELARAinfo.com or call 1-866-708-2405 to learn more.

Please read the Important Safety Information on the adjacent page.

 **Stelara**™
(ustekinumab)



MEDICATION GUIDE FOR STELARA™ INJECTION

Read this Medication Guide before you start taking STELARA™ and each time before you get an injection. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment with STELARA™.

What is the most important information I should know about STELARA™?

STELARA™ is a medicine that affects your immune system. STELARA™ can increase your chances of having serious side effects, including:

Serious Infections: STELARA™ may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have serious infections while taking STELARA™, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have to be hospitalized for treatment of their infection.

- Your doctor should check you for TB before starting STELARA™.
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with STELARA™ and during treatment with STELARA™.
- Your doctor should watch you closely for signs and symptoms of TB during treatment with STELARA™.

You should not start taking STELARA™ if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA™, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA™, call your doctor right away if you have any symptoms of an infection (see left).

STELARA™ can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections. These infections can spread throughout the body and cause death. It is not known if people who take STELARA™ will get any of these infections, because of the effects of STELARA™ on these proteins in your body.

Cancer:

STELARA™ may decrease the activity of your immune system and increase your risk for certain types of cancers. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS):

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including:

- headache
- seizures
- confusion
- vision problems

What is STELARA™?

STELARA™ is a prescription medicine used to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

STELARA™ may improve your psoriasis but may also lower the ability of your immune system to fight infections. This may also increase your risk for certain types of cancer.

It is not known if STELARA™ is safe and effective in children. It is not known if taking STELARA™ for more than two years is safe and effective.

What should I tell my doctor before receiving STELARA™?

Before receiving STELARA™, tell your doctor if you:

- have any of the conditions or symptoms listed in the section “What is the most important information I should know about STELARA™?”
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA™.** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA™.
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking with your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system.
- certain medicines that can affect how your liver breaks down other medicines.

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How will I receive STELARA™?

- STELARA™ is given by injection under the skin (subcutaneous injection).
- STELARA™ should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA™ for you and how often you should receive it.
- Be sure to keep all of your scheduled follow-up appointments.

What should I avoid while receiving STELARA™?

You should not receive a live vaccine while taking STELARA™. See “What should I tell my doctor before taking STELARA™?”

What are the possible side effects of STELARA™?

STELARA™ can increase your chances of having serious side effects. See “What is the most important information I should know about STELARA™?”

Common side effects of STELARA™ include:

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA™. Tell your doctor about any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or to Centocor Ortho Biotech Inc. at 1-800-457-6399.

General information about STELARA™

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about STELARA™. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about STELARA™ that was written for healthcare professionals.

What are the ingredients in STELARA™?

Active ingredient: ustekinumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, polysorbate 80, and sucrose.

Prefilled Syringe Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Baxter Pharmaceutical Solutions, Bloomington, IN 47403

Vial Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Cilag AG, Schaffhausen, Switzerland

Revised December 2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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A healthy dose of the right kind of chocolate can help relax your blood vessels.

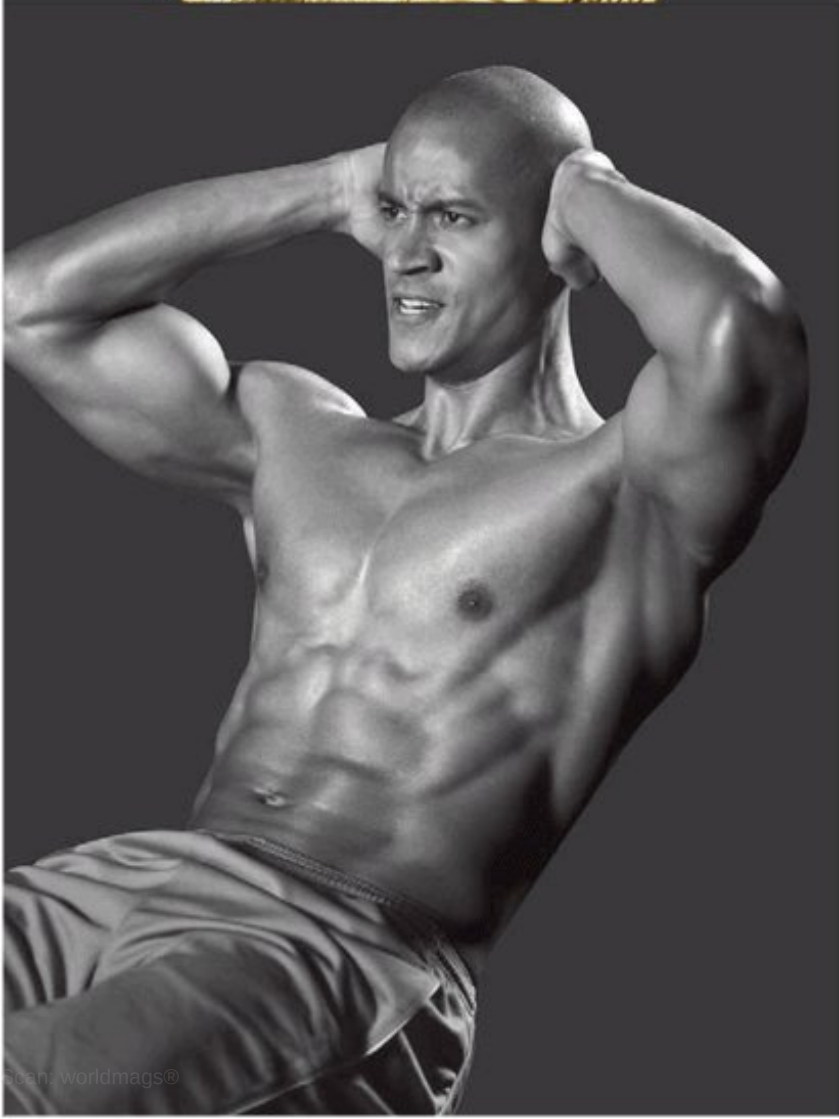
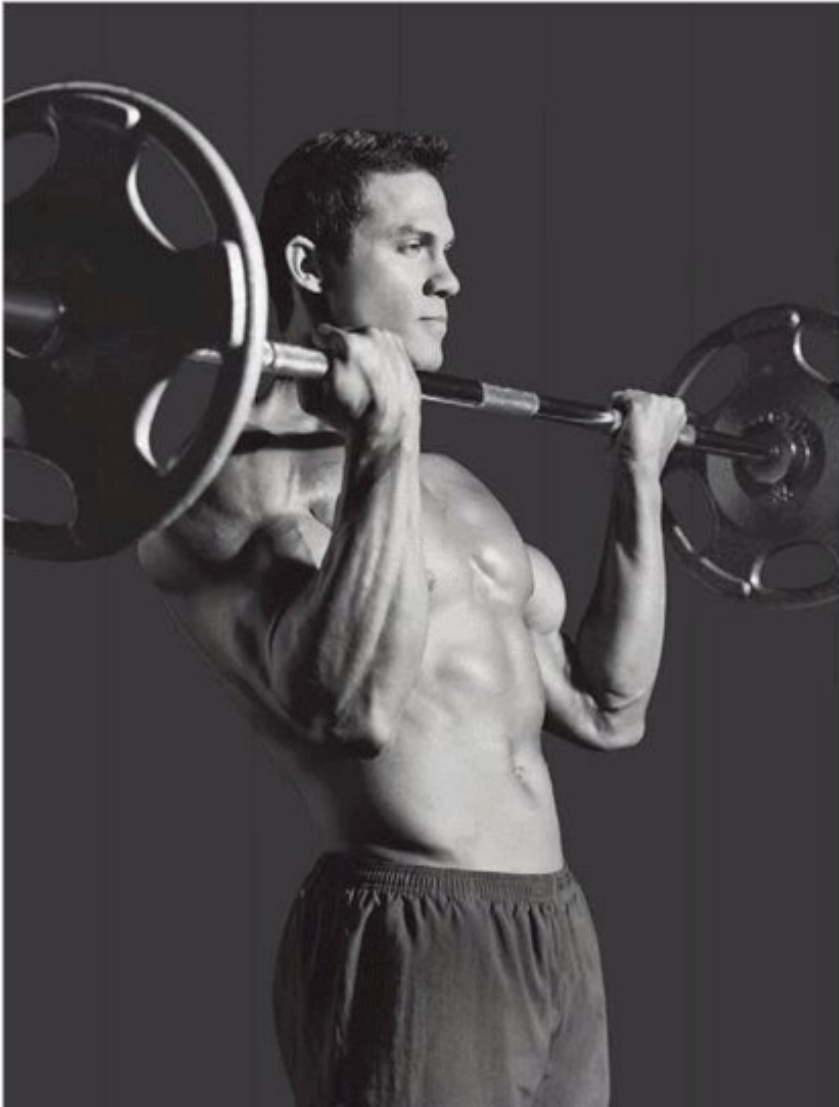
Six Fun Ways to Help Your Heart

Sex works. So does chocolate. And music. Who said watching your BP had to suck?

BY DANIELLE BRAFF

AMERICA'S BLOOD PRESSURE IS WAY TOO HIGH. IN FACT, NEARLY ONE IN FOUR men between the ages of 35 and 44 have hypertension, as well as 12 percent of men between 20 and 34, according to the American Heart Association. It's so bad that the Institute of Medicine is urging the government to start trying to shake salt out of our diet, since too much of this key taste enhancer can cause you to retain water in your blood, which adds volume and boosts blood pressure. This, in turn, exposes you to a greater risk of heart attack, stroke, and even erectile dysfunction. But sodium isn't the only culprit. Smoking, excessive drinking, inactivity, and bad food choices can also make your arteries burst at the seams. Worse, you may never know what hit you. "Many men don't pay attention to their blood pressure until they're older," says nephrologist George Bakris, M.D., president of the American Society of Hypertension. "But you don't experience symptoms until it's very high."

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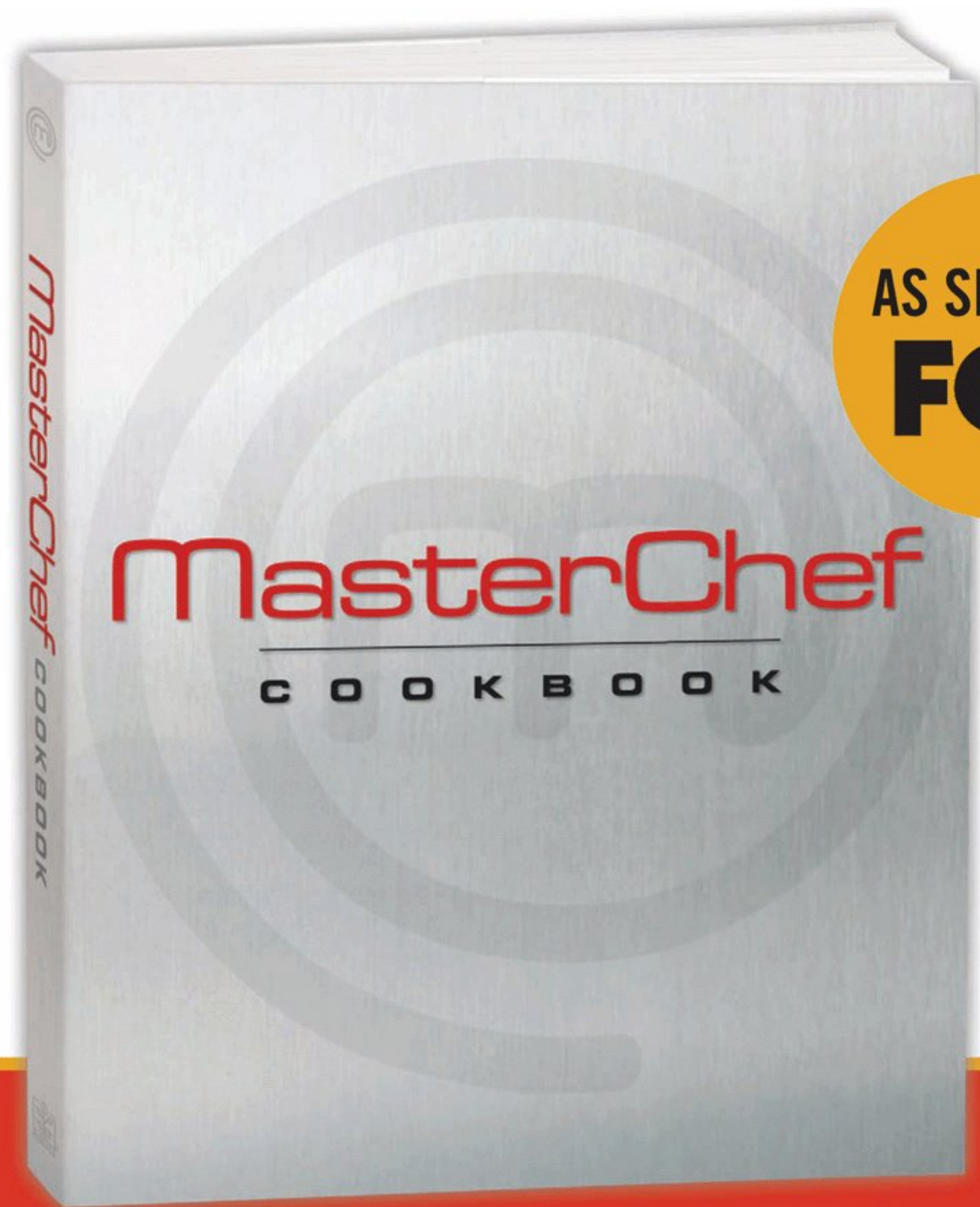
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But there's good news amid the gloom: Keeping your blood pressure out of the danger zone doesn't have to be just about restraint. Use our expert advice to find your perfect—and perfectly fun—pressure-release valves.

Swing by the candy store

You may be able to significantly lower your blood pressure with nothing more than a daily dose of dark chocolate. In a 2008 Italian study, people who had both prediabetes and high blood pressure managed to do just that by eating 3½ ounces of dark chocolate each day for 15 days. They lowered their systolic BP (the upper number) by 4.5 points and their diastolic (the lower number) by 4.2 points, thanks to the flavonoids—antioxidant compounds—found in dark chocolate. A sustained improvement of that extent could lower your risk of cardiovascular problems by 20 percent over 5 years.

But you need to eat the right type of chocolate. Darker chocolate contains more antioxidants and less of the sugar that may counteract chocolate's beneficial effects, according to research from Yale. Choose dark chocolate with a minimum of 65 percent cacao, such as Ghirardelli's Intense Dark 72% Cacao Twilight Delight Bar (\$4, ghirardelli.com).

Take her to bed

Keep your blood flowing by hopping into the sack two or more times a week. Men who do are 65 percent less likely to develop cardiovascular disease, compared with those who have sex less than once a month on average, according to a recent New England Research Institute study. In a 2006 study at the University of Paisley, Scotland, people who had sex at least once over a 2-week period had lower blood pressure than those who engaged in no sexual activity, and their blood vessels responded better to stress.

But going solo won't help you out. While researchers are still examining why vaginal intercourse is so much better than other kinds of stimulation, they believe it has to do with the intimacy. Oxytocin, a hormone associated with intimacy and reduced stress, is released during sex and particularly during orgasm. Intercourse may be more intimate than other kinds of fooling around, which may lead to a more effective release of oxytocin, says Stuart Brody, Ph.D., the study's author. Sex can also be a great workout, burning up to 60 calories per half hour in bed. Raise the calorie burn with vigorous sex: Show her MensHealth.com/sexpositionmaster, and add more athletic positions to your repertoire.

Crank the tunes

Music is a perfect tool for loosening your arteries. Listening to 30 minutes a day of "rhythmically homogeneous" music (that is, anything with a steady beat), combined with breathing exercises, can lower your systolic blood pressure by more than 4 points after 3 months, according to a 2008 Italian study. Breathing in and out with an inhale/exhale ratio of 1 to 2 while listening to slow, steady music relaxes your vessels, says Randall Zusman, M.D., director of the hypertension division at the Massachusetts General Hospital heart center.

The key is to cue up the right type of music, says Michael Miller, M.D., who coauthored a different music study in 2008. That study found that when people relaxed and breathed steadily while listening to music they found pleasurable—whether it was Mozart or Maroon 5—the linings of their blood vessels dilated by 26 percent. Those who listened to music that made them anxious experienced a 6 percent narrowing of their blood vessels. It's your emotional connection with the music that may be key to a lower BP, Dr. Miller says.

Fire up the game console

Pumping 23,000 rounds of ammo into space aliens should do wonders for your stress and, by extension, your blood pressure. But sorry, you need to stand up from the couch to make video games count. The American Heart Association officially stamped its seal of approval on

Whether you're ROFLing or just LOLing, you're doing your arteries good.

Nintendo's motion-sensor-based Wii Fit Plus and Wii Sports Resort games in May, recommending them as legitimate ways to stay active.

Timothy Church, M.D., chairman of the American Heart Association's physical activity committee, says playing certain Wii activities, such as boxing and jogging, is as good as hitting the gym—as long as you're playing with at least moderate intensity for a minimum of 150 minutes a week. This can lower your systolic blood pressure by 2 to 5 points. "Some of the activities in Wii Fit can qualify as your 30 minutes a day of physical activity," he says. "You'll be sweating buckets."

Toast your health

Danish researchers who analyzed data from 75,000 men found that those who had two drinks a day were 31 percent less likely to develop coronary heart disease. That's because alcohol, in modest amounts, makes your arteries larger and more pliable, which in turn lowers your blood pressure. But don't have more than two drinks—doing so will *raise* your blood pressure. Scientists still don't understand why, but Dr. Zusman thinks it could be related to alcohol's adverse effect on other blood-pressure-regulating pathways. Limit your daily intake to two 12-ounce beers, two 5-ounce glasses of wine, or two 1.5-ounce drinks of liquor.

Laugh it up

Whether you're ROFLing or just LOLing, you're doing your arteries good. Laughing at a funny movie causes blood vessels to dilate by 22 percent, according to a 2006 study from the University of Maryland. The physical act of laughing causes the tissue forming the inner lining of your blood vessels to expand, allowing for an increase in bloodflow and reducing blood pressure, says Dr. Miller. "The magnitude of change is similar to the benefit you might see with aerobic activity, but without the aches and pains," he says.

You should be laughing at least 15 minutes a day to benefit from this link. And tepid, forced chuckles won't do it—to maximize the blood-pressure effect, you should be doing full, real belly laughs. So if Internet humor isn't doing it for you, crack open your high school yearbook. That's usually good for a laugh. ■

Ticker tracker: Home edition

Blood-pressure readings taken at home can better predict cardiovascular risk than ones taken at a doctor's office, reports a Finnish study released in April. Blame "white-coat hypertension" and harried office staff, who tend to slap on a cuff quickly and don't wait the recommended 5 to 10 minutes for patients' pressures to stabilize, says Patrick Skerrett, editor of the *Harvard Heart Letter*. Follow our tips to ensure accuracy.

1 Check early → 2 Take notes → 3 Don't obsess

Your blood pressure should drop at night and rise throughout the day. If it doesn't, you may have morning hypertension—a risk factor linked to strokes. So check yours right before you go to bed, and first thing in the morning—but before coffee, which can raise your BP, says Skerrett.

Don't just log your numbers; include the time of day and any activity up to 30 minutes prior to your reading. This can help your doctor explain anomalies, says Skerrett. Look for the American Heart Association's downloadable blood-pressure tracker at heart.org/hbp.

"Some doctors avoid recommending home monitoring because people can go crazy," says Skerrett. Stick to twice a day a few times a week. Don't worry about spikes—only trends matter. Try the Omron HEM-780. It will average your last three readings for you.

RACHEL GRICE

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When the Warrior Returns Home

U.S. soldiers are battling stress on two fronts: at war and at home. Their coping strategies might help you on the home front as well

BY RICHARD CONNIFF • PHOTO-ILLUSTRATION BY KEVIN VAN AELST

AT LUNCH IN A HOTEL IN PHILADELPHIA, A FAST-TALKING, SLIGHTLY RATTLED, 38-YEAR-OLD master sergeant in camouflage and combat boots is recalling another lunch a few years back, in Iraq. That meal took place at a forward operating base, and he'd been standing 20 feet away from where an Iraqi soldier triggered the detonator on a vest loaded with explosives. Shrapnel ripped through everything in its path, and the blast flung the sergeant back into tables and chairs. He came to, dazed but alive, amid a scene of blood and chaos. "I was saved by a coffee urn that had just been filled, between me and the bomber," he recalls. "Guys on either side of me were torn to pieces." • Twenty-two people died, some while he was performing CPR on them. He spent a month recuperating from a shrapnel wound and then returned to his unit. A few months later, a car bomber hit his armored vehicle; he spent the next 5 months in bed with a broken back. "It took a few years to get over the bad dreams," he says. "I was worried that if I told the army I had mental-health issues, I would lose my security clearance."

The sergeant ended up with post-traumatic stress disorder (PTSD), a jittery witness to the way the U.S. Army's own leadership says it has mishandled trauma in the past. Now he is in Philadelphia to help as the army tries to remake itself, at a training session focused on teaching soldiers how to cope with their emotions—on the field of combat and back at home.

The basic idea behind "resilience training" is that you can train your mind to become mentally and emotionally fit the same way you train your body to become physically fit. And as with marathon training, it has to happen before you really need it, or in military lingo, "left of the boom." Bad things may still happen, from broken relationships to rocket-propelled grenades.

But with the right training, the program's proponents argue, you'll respond better in the moment. Instead of PTSD, they contend, you can come out the other side with "post-traumatic growth."

The initiative is being deployed on the fly, at a cost of \$125 million over 5 years, in response to record rates of depression, domestic strife, and suicide in a military worn down by 9 years of warfare. Col. Darryl Williams, the 49-year-old artillery officer organizing the program, is frank about its practical benefits for army brass. When they're grilled by Congress about the mental fitness of combat forces, he says, "they will use this. This is the only thing they have left of the boom to inoculate soldiers."

Build your emotional arsenal

You may not wear fatigues, but everyday life can still wear down your defenses. Here's how to fight three of your biggest mental battles.

56

Percentage of Iraq-Afghanistan combat veterans using V.A. medical services who report difficulty over the past 30 days in sharing their feelings

Every man's move Find ways to talk about your feelings, says Alex Pattakos, Ph.D., the author of *Prisoners of Our Thoughts*. Find a battle buddy—a coworker who survived layoffs with you, for example, or a friend who's also gone through a divorce. This creates a "band of brothers" bond that makes it easier to talk, Pattakos says.

42

Percentage of combat veterans who say they've struggled in the past 30 days to interact peaceably with their partners

Every man's move Before you blow up, stop, take a step back, and focus on the root problem, which is often lost among other issues, advises Ethan Kross, Ph.D., director of the University of Michigan's emotion and self-control laboratory. You may be reacting to peripheral stressors, such as trouble at work or even lack of sleep. Concentrate on specific solutions, not general anxiety.

145

Number of U.S. soldiers who committed suicide in the first half of 2010. In June of this year, soldiers killed themselves at a rate of one a day—the worst month for military suicide in recent history.

Every man's move If you or someone you know has had suicidal thoughts, treat those thoughts as you'd treat any serious physical symptom: Seek immediate assistance. Call the National Suicide Prevention Lifeline at (800) 273-8255, and find a mental-health professional (locator.apa.org) who can design a coping strategy. RACHEL GRICE



Soldiers are trained for battle, but their thoughts and emotions leave them vulnerable on the home front.

Reaching everyone who needs that inoculation will be difficult. The U.S. Army is simply too big to quickly reach everyone who needs the training. Also, the military has always prided itself on physical, tactical, and technological training; emotions have generally been viewed as excess baggage. Thinking was mostly something officers did. Now the army wants soldiers not just to think, but also to think about *how* they think.

In a conference room at the hotel, Karen Reivich, Ph.D., a University of Pennsylvania psychologist in flared pants and patent-leather flats, is teaching soldiers how to thrive in a hostile world, both downrange in the war zone and back home at the dinner table. The soldiers in her audience have seen more than their share of bad stuff, including multiple deployments, suicide bombings, and friends maimed or killed at close range. Many of them are now drill sergeants, those kindly guys at boot camp who use the nostrils of terrified recruits as echo chambers. Reivich is just trying to convince them to do it all more *thoughtfully*.

She tells them a story about the night she flipped out over a coffee coaster. The audience members have families too, so if there's a disconnect between problems with coffee coasters and, say, improvised explosive devices (IEDs), that doesn't seem to faze them. It's 17 years ago, the morning after her future husband moved into her apartment. Thinking he's scoring points, he has gotten up first to make coffee. But as Reivich wanders into the living room, her bleary eyes pop halfway out of her

The soldiers have troubled pasts and lots of emotions, and no clue how to process them.

head in horror: He has set his coffee cup down not on the coaster but *beside* it. Coasters are sacred for her, and he knows it. So how hard can it be to use one? She winds herself up into such a coaster-compulsive snit that she blows down the door and flies out into the street in a vortex of righteous indignation.

So, *um*, what just happened here? And why should the U.S. Army, fighting two wars with roughly 154,000 soldiers deployed, actually care? The offense was nothing to get crazy about, Reivich admits. A little vexed, maybe. But the story has become her favorite tool for teaching people how to listen to family members, fellow soldiers, and friends. We all have what she calls "icebergs"—deeply held beliefs that now and then cause us to react out of proportion to circumstances. The trick is to find out what lies beneath.

Reivich gives her soldier-students four techniques that can help reveal a person's iceberg. First, she says, ask open-ended questions that require more than yes/no answers. Second, use the word "what," not "why." ("What" questions make you stop and think," she says. "'What' brings out facts and events.") Then repeat the answers verbatim. ("You want the other person to hear his or her own thoughts, not your rendition.") Finally, keep asking questions until you arrive at an iceberg that's big enough to explain the overreaction.

Reivich's iceberg, it turned out, was a belief that her future husband should know her quirks and accommodate them. It was about the relationship, not the coaster. Someone in the audience asks if her husband now uses coasters, 17 years on. "No," she says, beaming. "And neither do I."

What Reivich is teaching is a variation on positive psychology, a popular but controversial movement. Instead of just treating mental illness, as traditional psychology has generally done, positive psychology aims to make average people's lives better—and maybe help them avoid mental illness in the first place—by teaching them ways to improve relationships, cultivate character strengths, and think about the world more effectively. Positive-psychology programs are now common in the corporate world and at colleges, where "Happiness 101" often ranks among the most popular courses.

The controversy comes from critics who wonder if programs intended for corporate team-building and self-improvement can also work in the pressure cooker of a war-time army. But army psychologists say their preliminary test results show that resilience training can help. In a recent study, they trained soldiers in a single 8-hour session on what to expect and how to handle their return from deployment—for instance, how to separate from the "battle buddy" dynamic of the war zone and assimilate back into their own families. Among soldiers with heavy combat exposure, only 12 percent (versus the usual 21 percent) experienced mental-health problems in the following 4 months.

Reivich adds that resilience training is not a happiness program, nor is it about turning everything into good news. "These are critical-thinking skills," she says. "This is about problem solving." And listening to the soldiers talk between sessions, you have to hope she is right.

The chatter is less about combat—they say they have a mission and that they know how to carry it out—and more about relationships. A sergeant wonders how he could have applied some of the resilience lessons to deal with one of his young soldiers who was struggling downrange. "If I'd had the tools, I would have been able to see what his

Verbal land mines, and how to sidestep them

When trouble is afoot, tread lightly

A blowup feels satisfying . . . for a few seconds. But the aftermath is unproductive. "When you react in anger, you create a cycle of negative feelings and responses," says Sandra Chafouleas, Ph.D., a behavioral psychologist at the University of Connecticut. Here's how to turn toxic outbursts into positive, effective ones.

1 A friend still owes you money he borrowed 6 months ago.

Land mine "You're such a deadbeat. I knew I couldn't trust you."

Sidestepped "I'm strapped for cash. What sort of payment plan can we work out?"

Don't start out by flexing your fighting muscles. "You don't have to brush it under the rug," says Chafouleas. "But focus on a solution, not the problem." This shows that you understand your friend's circumstances without compromising your own, she says. And make it a policy not to lend money unless you can afford to lose it.

2 Your landlord hasn't fixed the hot water—and it's been 2 months.

Land mine "You can forget next month's rent. Living with my parents is better than dealing with you."

Sidestepped "I'd hate to move, but if this isn't addressed I'll have to find a new place."

Take a direct approach, without being threatening, says Chafouleas. "Freaking out cedes control." Put your exchanges in writing. It's easier to tame your tongue on paper, and you'll have a record for legal action, if you ever need it, she says.

3 You can't use the squat rack because there's a group of guys using it to do curls.

Land mine "Some of us actually need to use the squat rack for squats."

Sidestepped "Can I jump in between sets?"

Take a jab and they'll discount you as a raging meathead. "Don't jump to the last step—reacting—before you've even asked," says Chafouleas. "Attacking them just wastes more of your time." If they say no, calmly walk away, and take your frustration out on the bench.

4 Your girlfriend always flirts with your best friend.

Land mine "You want to screw Joe, don't you?"

Sidestepped "I'm glad you get along with Joe, but I feel uncomfortable when you hug him."

Don't call her out in front of your friend. This only creates hostility and may even fuel her flirting fire. Once you're alone, focus on your feelings, not her touchy-feely ways. "Accusing her will just start a nasty fight and make you look controlling," says Chafouleas. Calmly voice your specific concerns, and give her a chance to correct them.

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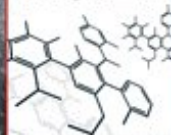
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Special Report

When the Warrior Returns Home

icebergs were. I probably would've pulled him aside and talked to him more, would've seen the withdrawal, would've seen a lot more of the warning signs. I would've put it in perspective." Instead, the soldier "leaned on his M16. He killed himself."

THIS IS THE FIRST TIME IN HISTORY THAT soldiers can phone home from the war zone almost daily if they want to. But doing that can often make problems worse, because they know what's going on back home and have so little influence over those events.

A staff sergeant says his wife of 14 years "sometimes just couldn't give a shit about what I say." So he's already trying one of Reivich's techniques on her. When he phones home after the first day of resilience training, his wife tells him she's just had somebody in to fix the broken leg on their couch. He'd normally respond, "Oh, great. What's that gonna cost me?" This is what Reivich calls "active-destructive responding." Or maybe he'd change the subject (passive-destructive) or just say, "That's nice" (passive-constructive). But this time he opts instead for the full-on active-constructive: "Hey, that's great, honey. How'd you feel about that?" And the conversation immediately goes better—less barking, more wagging.

Encouraging people to relive their little victories helps them open up, says Reivich. In truth, the chatter during breaks suggests that every cellphone in the hotel has been channeling Reivich during the nightly phone calls home, with generally good results. One soldier says his bewildered kid asked, "Is this you, Dad?"

The big question—the "bottom line up front," or BLUF, in army jargon—is whether such lessons will have the staying power and strength to help soldiers deal with the big stuff. With Reivich, a slender, attractive, almost birdlike woman, the soldiers are deferential. But when one of the army's own trainers starts off by asking the soldiers what they did to relieve stress before joining up, voices call out "weed" and "I used to break into peoples' houses." The hapless trainer asks, "Did anybody do anything legal?" to which a soldier earnestly replies, "I used to have sex before I went into the army." And these aren't ordinary bottom-of-the-ladder grunts. They're the frontline managers the army is counting on to relay resilience training to the soldiers they lead.

Still, it's a surprisingly idealistic crowd. One standard resilience exercise is to take an inventory of character strengths. It's a way the soldiers can recognize what they do well, so they can build on their own strengths and those of the people around them. (Find the VIA Survey of Character Strengths at www.authentic happiness.sas.upenn.edu.) When

this audience puts up its results, no one's surprised that it ranks dead last in the "caution, prudence, discretion" category. But traits such as honesty, gratitude, and fairness top their lists. They also rank surprisingly high in "capacity to love and be loved."

On the other hand, all but a dozen of the 180 or so people in the room test poorly on social intelligence. These are guys from broken homes, with troubled pasts—just plain *guys*, if you accept the gender stereotype—with lots of emotions and no clue about how to process them. They spend their working lives in a "make it happen" culture, often deploying "targeted aggression" in combat and making split-second decisions that can be lethal. Then they come home from work and can't do things differently. It's the male condition, but with M16s thrown in.

So Reivich has them break down scenes from domestic life, much as soldiers in boot camp learn to break down their weapons and name the parts: Here's the activating event, here's the thought it produces, and here's the consequence. In a video, a father just back from war invites his teenage son to play some hoops. "Maybe later," the kid says, without even looking up from his video game. "That's the activating event," says Reivich. Dad sulks off to watch television and drink beer, thinking, *He doesn't love me anymore or My brother took my place while I was gone*. And the thought leads to the consequence: When the kid comes in to say, "Okay, I'm ready for a game now," the father retaliates. "Go ask your uncle instead," he says.

"Make sure your activating event doesn't include, 'He doesn't love me' or 'He wishes I were still deployed,'" says Reivich. "You need to help people separate out what they felt" from what actually happened. "They tend to be blended." Separating things out opens up space to think about other possibilities and better outcomes: "I've been gone for 15 months; I need to win him back a little." So maybe the father grabs the moment when the kid is finally ready.

SLOWING DOWN IS ALSO A CHANCE TO sidestep what the resilience trainers call "thinking traps"—mental habits that lead a man to resign himself to a problem instead of resolving it. "Let's say it's the first few weeks of boot camp," a trainer suggests. "You're late for formation, and now your squad is down on the ground pushing South Carolina into Georgia. You know you're the cause. What are your thoughts?" In the thinking trap called "mind reading," you figure, *They're all gonna hate me*. In "jumping to conclusions," you think *I'm not going to make it through basic combat training*. Instead, you need to restructure your thoughts: "I'm going to learn from this situation and not make the same mistake twice."

“Being a POW didn’t seem like a bad deal,” the army surgeon said. “That’s cognitive reframing. I wasn’t dead.”

When Reivich is running a session, she tends to underscore her points with inspirational stories and even a quotation from Winnie the Pooh.

The army’s own trainers, on the other hand, sugarcoat nothing. “Someone you’ve been downrange with for 9 months just got hit. Right here,” the trainer says, meaning that you’re now wearing his blood. “What are some of the emotions you might feel?” The audience calls out “anger” and “anxiety.” (“Right. Am I going to be next?”) Then, from experience, someone adds, “Happy. Happy that it wasn’t me.” (“Some soldiers feel guilty about that for the rest of their lives. It’s normal.”) Or maybe you’re a medic working hard on a casualty, but the patient dies anyway. “You say, ‘What did I do wrong?’ You didn’t do anything wrong. Casualties sometimes die. If we don’t train ‘em on that, we’re not doing our job.”

Then the trainer rattles off a list of things their soldiers may be thinking on deployment in Iraq or Afghanistan: “I’m wasting my life here. They should be fighting for themselves. They don’t want us here. There doesn’t seem to be a point to this. The sacrifices I’m making are not worth it. No progress is being made here.” And the big one: “*I’m tired of this shit.*” It doesn’t sound like positive psychology, or even like resilience training. But he’s driving toward two or three basic lessons: If you know to expect these thoughts, if you know that they’re normal, then you can avoid getting stuck on them. You put it in perspective, and focus on the little things you can actually control.

WILL THAT KIND OF PERSPECTIVE MAKE soldiers healthier? Will it change the current dire statistics on mental problems? The army brass hopes to avoid having the program judged on factors like the suicide rate. “We’re not saying these specific things have to go down for this to be successful,” says Colonel Williams. He likens resilience training to physical training, in which the aim is simply to build stronger soldiers—and blood-pressure levels improve as a by-product.

The lesson the army wants to drive home is that going out and doing a difficult, dangerous job can make you stronger, that post-traumatic growth is possible. Or as one of the trainers puts it, “We’re not going to be talking about deployment as a negative, or about how you’re going to be screwed up for a long time. Resilience training takes a positive approach: ‘Here are some of the things you may encounter,

here’s how you handle them, and here’s how you’ll grow from the experience.’”

Nobody delivers this message more effectively than Brig. Gen. Rhonda Cornum, M.D., a slight, blue-eyed army surgeon with a *rat-tat-tat* manner. When she asks who’s run a half marathon, dozens raise their hands. She reminds them that they trained for weeks or months to prepare for the race, “and if you’re willing to do that for your legs and your lungs, why not do it for your head, too?”

Then she tells her story, about going “wopping off” in a helicopter to rescue a downed pilot during the first Iraq war, taking heavy fire while flying 140 miles an hour at the height of this room, and knowing in that instant that she was going to die. (But being a perennial optimist, she was comforted knowing that at least she’d die honorably.)

The chopper flipped and landed upside down, killing most of the crew. General Cornum woke up with “two busted arms and a busted leg,” in enemy territory. “Even being a POW didn’t seem like such a bad deal,” she says. “That’s cognitive reframing. I wasn’t dead.” Her captors sexually molested her. While imprisoned in Baghdad, she distracted herself by singing every opera and musical tune she could think of. “Having a plan not to dwell or ruminate on misery is a good thing.” Eventually she was rescued, and now she looks out for the mental and physical well-being of the entire U.S. Army.

Even for men half her age and twice her size, General Cornum sets the bar mighty high. It must seem particularly high for a soldier who’s working on his second or third deployment, watching his kids grow up on video, and wondering whether some other guy back home is, as they put it gingerly, parking in his space. But General Cornum makes the case that post-traumatic growth of the kind she experienced isn’t “just about your genetic background, or your neonatal health, or where your grandparents grew up, and all that kind of crap. Like physical fitness, it’s about what you put into it.”

A little later in the hotel conference room, Reivich is leading yet another exercise. She asks her audience to write down words that suggest what a soldier needs to become resilient. Most call out predictable stuff like strength and confidence. But after a moment, from the middle of the crowd, one soldier says, “Peace.” Heads turn. Then in the awkward silence, reality sets in, and the soldier recalibrates his thinking.

“Peace of mind,” he offers. ■



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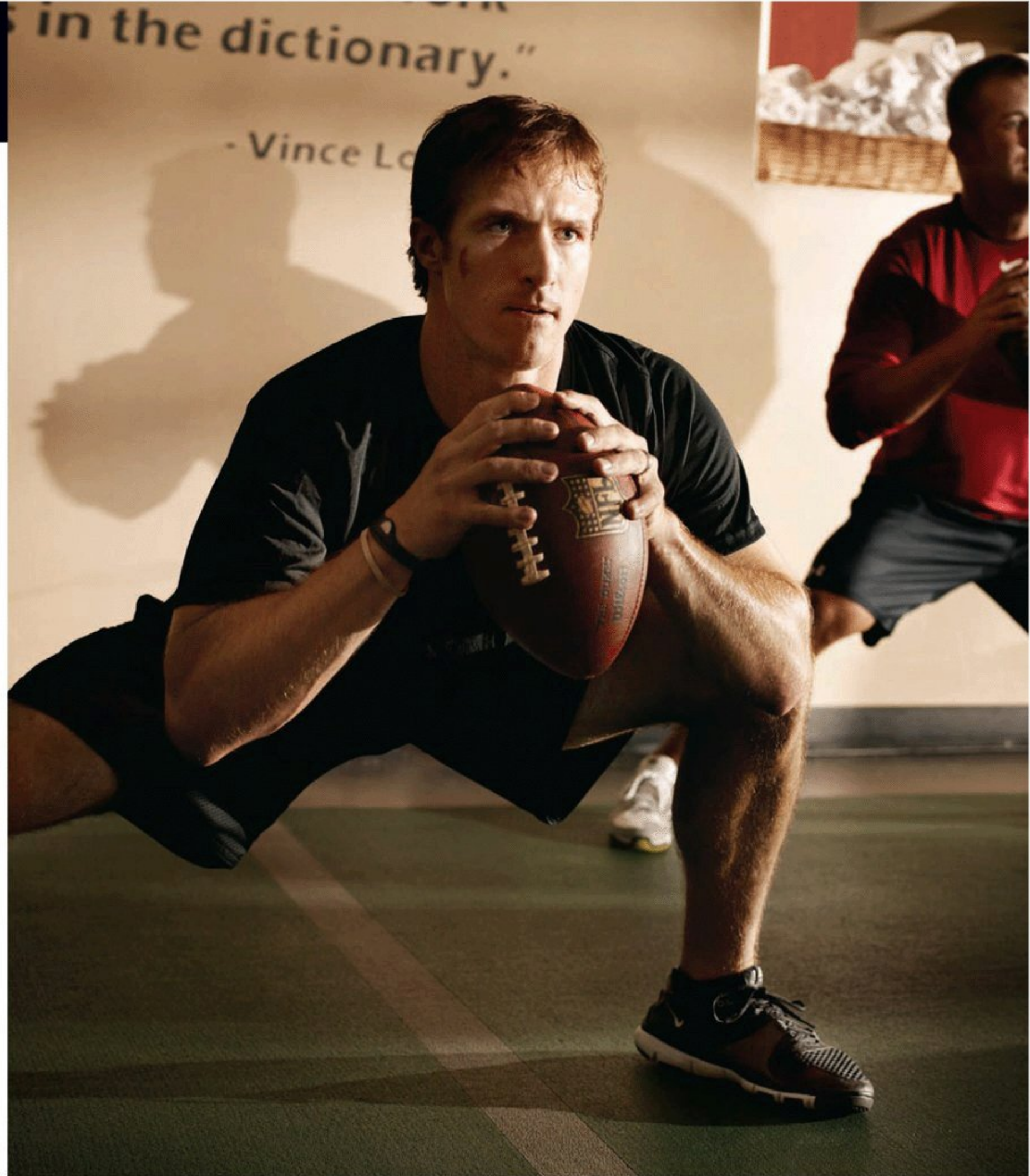
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THAT VICTORIES LARGE AND SMALL
ARE WITHIN REACH EVERY DAY—
IF YOU TRAIN YOURSELF TO LOOK FOR THEM

By Mike Zimmerman
Photographs by Art Streiber



THE CHAMPION SLEPT WELL FOR 1 MONTH

as he savored the big victory, the biggest he's had so far. Then, in late March, he went back to work. Training. Conditioning. Now it's early summer, a quiet Wednesday morning on a high school football field in San Diego. Six NFL quarterbacks are here to run the drills, pound the timing routes, and engage in endless, endless competition with one another.

One of these guys won the Super Bowl last year. All of them want to win it this year. That's why the off-season trainer of these men has recruited a bunch of college and high school wideouts, live targets for the quarterbacks' sweaty arms.

"The ball's gonna be there, the ball's gonna be there!" Drew Brees

screams, and the ball's in some poor kid's face faster than acne, and then dropped.

A loss, which pisses Brees off.

Later, the New Orleans Saints' leader is competing against his training partners—usually other pros like Green Bay Packers quarterback Aaron Rodgers or Brees's former San Diego Chargers teammate LaDainian Tomlinson, now with the New York Jets—in post-workout handball games and reflex drills. For one of the drills, their trainer, Todd Durkin, tosses playing cards in the air. How many can they catch? Brees grabs eight in a row. The ninth drops, and Brees's deep-growl f-bomb drops after it, his fists balled, his body stiff.

MOTIVATION

Brees led his high school team to a Texas state title, but he wasn't recruited by the big Texas colleges, recalls a Purdue University teammate, Tim Stratton. "He was going to prove to everyone that he belonged," Stratton says. Next level, same thing: "When he was coming out of college, the NFL wondered, 'How is he able to accomplish all this?'" says his coach at Purdue, Joe Tiller. "With all these gaudy numbers, how much of it is system and how much of it is talent?"

Small victories have no shelf life. They are little waves that lap against some part of his brain for a split second and are gone. He catches 17 out of 20 playing cards and he's not happy about it, because "undefeated" is the only worthy outcome. There's no mysticism to

this. Victory is not everything, nor is it the only thing. It's not slippery or elusive. Victory is ever present, in our minds day in and day out, no matter what the job at hand. We grab it, or we don't. And many of us, most of the time, simply refuse to reach for it. Brees does not under-

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TRAIN LIKE A CHAMPION

Use the workout secrets that helped turn
Drew Brees into a Super Bowl MVP

BY TODD DURKIN, C.S.C.S. • PHOTOGRAPH BY ART STREIBER

BUILD AN MVP BODY

When I started training **Drew Brees** in 2004, I put him through a workout unlike any he'd done before. I used new exercises and equipment that made him stronger and leaner and improved his athleticism. Now I'm going to share that better-body blueprint with you. Use this routine to unlock your potential, speed up fat loss, and pack on muscle like a pro.

NOTE: To do part of this workout, you'll need a 1" or 1½" Superband (an oversized rubber band), and a pair of kettlebells. You can find Superbands at performbetter.com (\$14 to \$21). If you don't have access to kettlebells, you can use dumbbells instead.

1

A Kettlebell burpee with shrug (10 reps)

Stand with your arms at your sides, holding a pair of kettlebells. Push your hips back, bend your knees, and lower your body into a squat until the kettlebells are on the floor. Kick your legs backward into a pushup position. Do a pushup, and then quickly bring your legs back toward your torso and return to the squat position. Stand back up and shrug your shoulders. That's 1 rep.



B Superband pulldown (15 reps)

Place part of a Superband around a stable object overhead (like a pullup bar), thread it back through itself, and pull tight. Grasp the band with both hands and sit 2 feet behind the anchor point. Lean back slightly and pull the band to your chest. Return to the starting position and repeat.



C Kettlebell half getups (10 reps)

Lie faceup holding a kettlebell in your right hand, with your right arm straight up and left leg bent. Keeping your eyes on the kettlebell and with the kettlebell overhead, raise your torso and use your left hand for stability. Return to the start. Do all reps, switch arms, and repeat.



3

A Overhead Superband lateral walk (15 reps)

Grab a Superband and stand on one end with your feet about shoulder-width apart. Hold the other end of the band with both hands, and then press the band overhead until your arms are straight. Keeping your arms straight, take 15 steps (or reps) to your right. Then sidestep back to your left for the same distance.



B Superband band-splitter (15 reps)

Grasp a Superband with both hands, with your hands beyond shoulder width. Raise your arms so that the band is in front of your chest at arm's length. Now pull each end as far as you can, as if you were trying to snap the band in half, without allowing the bend in your elbows to change. Hold, and then return to the starting position.

As you pull the band apart, focus on squeezing your shoulder blades together.



C Superband split squat anti-rotation (10 reps)

Secure one end of a Superband (as in 1B) to a stable object at chest height. Grasp the band with both hands, and stand with one side facing the anchor. Hold the band in front of your chest and step away from the anchor. Assume a lunge position, but don't allow your body to rotate. This is the starting position. Straighten your arms, pause, and then return to the starting position. Do all reps, switch sides, and repeat.



DIRECTIONS

This program consists of four circuits of three exercises each. For each circuit, do 1 set of each exercise in succession, resting 20 to 30 seconds between sets. Then rest for 1 to 2 minutes. That's one round. Do a total of three rounds, and then move to the next circuit. After you've completed all four circuits, burn even more calories by doing sprint intervals. You can do them outside or on a treadmill. They're simple: Sprint for 30 seconds, and then walk for 30 seconds. That's 1 set. Do 3 sets in week 1, then 4 sets in week 2, and then 5 sets in weeks 3 and 4.



Want more of the secrets that built the bodies of NFL stars Drew Brees, LaDainian Tomlinson, and Aaron Rodgers? Find the **IMPACT! Body Plan** at MensHealth.com/Impact.

2

A Kettlebell straight-leg deadlift (12 reps)

Grab a pair of kettlebells and hold them at your sides at arm's length, with your knees slightly bent. Keeping that angle in your knees, bend at your hips and lower your torso until it's almost parallel to the floor. Pause, and raise back up to the starting position.

Push your hips back and keep the kettlebells close to your shins.



B Superband squat and single-arm row and rotation (10 reps)

Secure one end of a Superband (as in 1B) to a stable object at hip height. Grab the band in your right hand and step away from the anchor. Once you feel tension in your back, perform a squat. This is the starting position. Stand up, pull the band to the side of your chest, and slightly rotate your torso to the right. Pause, and return. Do all reps, switch arms, and repeat.



C Kettlebell bench press (10 reps)

Grab a pair of kettlebells and lie on your back on a flat bench. Hold the kettlebells over your chest so that they're nearly touching, your palms facing out. Lower both kettlebells simultaneously to the sides of your chest while keeping your elbows close to your body. Pause, and then press the weights back to the starting position.



4

A Superband overhead triceps extension (15 reps)

Secure one end of a Superband (as in 1B) to a stable object overhead. Grab the band with your hands 2 inches apart, and face away from the anchor point in a staggered stance. Lean forward and bend your elbows. Without moving your upper arms, extend your forearms until your elbows are straight. Pause, and then return to the starting position.



B Superband hammer curl (15 reps)

Grab a Superband with both hands, and stand on one end with your feet about hip-width apart. Hold the band just below your waist, with your arms straight and your hands at least 2 inches apart, palms facing each other. Without moving your upper arms, bend your elbows and curl the band as close to your shoulders as you can. Pause, and then slowly lower the band back to the starting position.



To make it easier, use a narrower stance. To make it harder, use a wider stance.

C Kettlebell pushup (15 reps)

Place a pair of kettlebells on the floor, slightly beyond shoulder width. Grasp each kettlebell handle and assume a pushup position. Your body should form a straight line from your ankles to your head. Lower your body until your upper arms are parallel to the floor, and then push back up.





Drew Brees prepares for a Super Bowl repeat with grueling off-season workouts using Superbands.

DISCIPLINE

"He wasn't a weight-room nut," says Purdue's Tiller. "But he was smart, consistent, and disciplined."

The New Orleans Saints offensive tackle Jonathan Stinchcomb sees that discipline even after Brees

completes a pass: "After he throws, he still goes through his progressions," checking his other receiving options. "At the Super Bowl, he was staring down a receiver who didn't have the pass thrown to him." Off the field, the self-control stays: At the movies with popcorn-scarfing teammates and their wives, Brees brings his own goodie bag of healthy snacks.

stand how anyone could make that choice. Because if you want to know what victory is, taste it a bit more often, you must understand it as he understands it.

The smell of victory is not, as Lieutenant Colonel Kilgore suggested, napalm in the morning. You know what victory smells like? The rubber floor of a gym. It smells like the cover of a 16-pound med ball in dirty hands as a warm breeze blows through eucalyptus branches behind a San Diego strip mall. And victory sounds like that ball being hurled against a cinder-block wall, again, again, and again. Victory looks like fried colors on the edges of your vision on the last rep. Victory tastes like your own fillings, like acid in your saliva with a touch of underlying bile held down by sheer will.

This isn't a Nike commercial. It's real life, and Drew Brees is going to war again. For 7 years now he has worked with Durkin, who adheres to this philosophy: Physical conditioning is the foundation of any and all successes, no matter where you are or what you do. (See "Train Like a Champion," this month's workout poster.) Victories, large and small, will not come in a constant stream if your body is unprepared, because by default, the mind is useless if the body is not ready.

"Winning means having that mental edge on everybody," says Brees. "The more you push yourself physically here, here, and here"—and on this, Brees points to his heart and his gut, and then sweeps his finger over his body—"a hard mental toughness develops here." (That's your head.) "Because you have to push past your perceived limits. Push past that point you thought was as far as you could go. Once you push past that, you remake your confidence. I push past that and I know I've put myself in the best position to succeed. There is no person who will

be in better shape than me, or more prepared. Physically, spiritually, psychologically—man, I'm ready."

How ready? Ready to throw it all away, to act like the best never happened. "You still have to have a chip on your shoulder," says the 6-foot quarterback who is accustomed to being underestimated. "The way people perceive me now is different from the way they did 5 years ago. Five years ago I wasn't big enough, strong enough, couldn't win the big one. Whatever. Now, coming off a Super Bowl championship, showing them I can play at a high level, I have to keep that chip on my shoulder like I still have something to prove. I have a lot to prove. I look at every day as, 'I have to be better today.' If I'm not getting better, I'm

getting worse. You don't stay the same. So I improve every day, continue to make the sacrifices I've made to reach this level, and it's all about, 'How can I win another championship?'"

An hour earlier, this man was lying on an inclined sliding bench, belly down, with his head facing the

floor, doing single-arm gravity presses. His excruciating rep count was not a voice, but a gut-deep moan: *sehhhhvin...aaaaate...nnnnnnine*. On 10, he rolled off the bench, stood, and gave himself a subtle fist pump. A small victory. On to the next.

Brees's victories this year will mean more than they did last year, and just ask anyone from southern Louisiana how much those old ones meant. Remember how inspiring the championship run was to a city devastated by Katrina and the failed levees? Imagine the

desk, fogged, disengaged, like a melon-size hunk of snot in your skull. Useless.

Meanwhile, Brees scoops up the ends of a 2-inch-thick, 40-foot training rope, and makes like a drummer, snapping waves through the rope full tilt for 20 seconds. Without pause, he switches to slams, lifting the rope's ends above his head and whipping them down as hard as he can. Another 20 seconds. Then he switches to jumping jacks, lifting the rope's ends in his fists above his head and snapping them down. Twenty more seconds. Then he tosses the rope aside.

Another victory. What's next?

COMMITMENT

Bye week, 2009. "The entire team got that Sunday off," recalls

Brees's off-season trainer, Todd Durkin. "But Drew showed up at the practice field all by himself and rehearsed the following game's entire game plan, practicing his drops, all of it." Tiller had seen that same dedication in Purdue's film room: "He'd be in there so long I'd have to say, 'Drew, we're leaving. We're locking this up.'"

importance of this season now that crude oil has washed over the Gulf Coast. The champion is eager to share his victories. "We're still playing for a lot more than just football. It's not just about winning games for ourselves or for our organization. It's about winning for the city, the people, uplifting their spirits, giving them hope, especially with what's going on in the Gulf."

And now you see why he curses when he drops a playing card. Why his workout lasts nearly 3 hours and his heart rate is clocked between 160 and 190 for much of that time. The body readies the mind. So it is with champions, while many of us neglect both.

Not a quarterback? Of course you aren't. But your body sits in an office chair propping up your mind, deconditioned back muscles let your spine sag, flaccid trapezius muscles allow your shoulders to slump. Your brain tilts toward your

"You're always in a position where you have to eliminate distractions and negative influences in order to focus, concentrate, accomplish your goals," he says. "You just have to understand that your window of opportunity is a small one. You have to make sure you're doing everything you can within that window to accomplish what you set out to accomplish. That you've made that commitment to yourself, to the people around you. In my case, to the city, to the organization."

"There are plenty of times that you figure somebody else doesn't have the same interests you do. And they might be your friends. That's the toughest—when they're closest to you. You have to have the discipline to at times say no, so that you can do what you need to do to accomplish what you want to accomplish."

He shrugs.

"It's all about setting priorities. I took one step closer to getting the edge today."

And with that, the champion leaves the gym to go home to his wife and son. Today's victories tallied. The next fight coming. ■

RESTRAINT

A leader can't lose his head.

"During a game he was focused all the time," says Stratton. "He was very calm and relaxed. He had a cool aura about himself." When something needs to be said, Stinchcomb observes, "Drew doesn't call out guys much. If anything goes wrong, he'll bring it to you man-to-man."

BRYAN PAYTON

THE  WINNER'S EDGE

HOW TO WIN





BY JOE KITA PHOTOGRAPHS BY JEFF MINTON



RUNNER-UP, SISTER KISSER, LOSER . . . WHATEVER YOU'RE COMPETING FOR IN LIFE—PROMOTIONS, WOMEN, RINGERS—NO ONE WILL EVER PUT YOU AND THOSE DESCRIPTIONS IN THE SAME SENTENCE AGAIN.

LAND A PROMOTION HERE'S THE SCRIPT FOR YOUR REVIEW: "I LOVE IT HERE. I LOVE WORKING FOR YOU. BUT I WANT TO KNOW WHAT I HAVE TO DO FOR YOU AND THE ORGANIZATION TO RISE TO THE NEXT LEVEL." ACCORDING TO DONALD ASHER, AUTHOR OF *WHO GETS PROMOTED, WHO DOESN'T, AND WHY*, "BOSSES ASSUME THAT ANY EMPLOYEE WHO DOESN'T ASK FOR MORE IS SATISFIED WITH HIS JOB."

DESTROY ANYONE AT

H-O-R-S-E

You may dream of playing against an NBA star, but Mark Selig actually did that. The 5'8" sports reporter at the *Daily News-Record*, in Harrisonburg, Virginia, challenged 6'6" Greivis Vasquez, the recent first-round pick of the Memphis Grizzlies, to a game of H-O-R-S-E, and he actually led for a while before losing by two letters. How do you stay competitive against an opponent with superior skill? • *Unveil shots he's never practiced.* Selig shot from a sitting position, from his knees, over his back, and even banked one in off the shot clock. "The goal isn't to hit as many shots as possible. It's to get your opponent to miss shots you make," he says. • *Know your hot spot.* "If you're money from the baseline, find ways to keep going back to the baseline, whether you're shooting with your eyes closed or left-handed," he says.

MASTER MADDEN NFL

The latest version just shipped with some significant changes. Here are three key tricks, courtesy of Ian Cummings, creative director of *Madden NFL 11*: (1) If a defender is about to tackle you from behind on a long run, pull back on the right stick and you'll have a better chance of kicking out; (2) when using the new "shoulder lean" feature, make sure to shield the ball and turn away from contact to increase your chance of falling forward and breaking the tackle; and (3) if an opponent is constantly sending heat up the middle, keep a running back in the backfield and "hot route" him to block using the new strategy pad.

EARN YOUR MOTHER-IN-LAW'S RESPECT (AND LOVE)

THE PROBLEM IS, YOU'RE BOTH COMPETING FOR THE SAME GIRL. THE SOLUTION IS TO TURN THAT COMPETITION INTO COLLABORATION, SAYS TERRI APTER, PH.D., A CAMBRIDGE UNIVERSITY PSYCHOLOGIST AND THE AUTHOR OF *WHAT DO YOU WANT FROM ME? LEARNING TO GET ALONG WITH IN-LAWS. TO BEGIN THE TRANSFORMATION, FOLLOW THIS THREE-STEP PROCESS.*

1

The next time Mom calls, don't just hand the phone to your wife. Ask her about work, her favorite TV show, or any new recipes she's cooked. Show an interest in her life.

2

The following week, e-mail, text, or (gulp) phone her directly. Say something like, "I saw this and thought of you," or simply share some good news. Before long, you'll have a rapport.

3

At the next family gathering, compliment Mom by saying, "I see my wife learned how to . . . [cook, design interiors, climb the corporate ladder] from you." Make sure as many people as possible hear you, including your father-in-law. There—now you're as good as in the will.

Spell success at Scrabble Learn the words "za" and "qi," says John D. Williams, executive director of the National Scrabble Association. *Za* is slang for pizza, and *qi* is a variant of *chi*, the Asian life force. They're legal words—and not only can you score big by using them around a triple-letter square, but your opponent may challenge them, and lose his turn.

ROB McELHENNEY'S WINNING SECRETS

Weakness can be a strength. Sure, that sounds like fortune-cookie philosophy, but fortunately for anyone with the lungs to laugh at the dark FX comedy *It's Always Sunny in Philadelphia*, it was creator Rob McElhenney's maxim as he fought past Hollywood jackals to launch his ground-breaking satirical series in 2005.

"Other networks wanted to bring in their own directors and take away creative control," McElhenney says. "But I drove a shit truck, lived in a garage, and had no family. It was the perfect time for me. A lot of people think the only time in your life when you have absolute freedom is when you have money. They're wrong. It's when you have nothing to lose."

With the series now in its sixth season and reruns syndicated on Comedy Central, McElhenney, 33, has seen his gamble pay off. And with a son on the way, he remains upbeat about the world.

"Fear is really pervasive in our culture, and can hold us back from achieving the success we have the potential for," McElhenney says. "I'm going to teach my son that the world can be a wonderful place with compassionate, generous people and opportunity."

MATT BEAN

WIN AT FLIP CUP

McElhenney knows this drinking game and even wrapped an entire episode around it. Here's how to emerge victorious every time.

- 1 Pour a bit of beer on the exact spot you're flipping the cup onto.
- 2 Wet the cup's rim.
- 3 Flip it: The moisture will create a suction, helping the upturned cup adhere to the table.
- 4 Pump fist, repeat.

ROB McELHENNEY SWISHES HIS SIGNATURE OVER-THE-HEAD SHOT AS INDIANA PACERS GUARD BRANDON RUSH WAITS TO EXACT REVENGE.



**MY RULE FOR WINNING
TRAVIS PASTRANA**
has won 11 gold medals at the X Games
in rally and motocross.

passion

"The common denominator among every great athlete I've ever known is passion. 'Luck' and 'talent' are often used to describe winners. Luck can be manufactured through determination, and there is nothing natural about talent. If you do everything by the book, you'll be beat by those who write their own. The talent and luck it takes to win starts with passion."

Clean up at poker

Forget about wearing dark glasses, bluffing, and trying to read subtle tells. To gain the edge in a friendly game, just bring the beer, says Michael Craig, editor of *The Full Tilt Poker Strategy Guide*. "Most guys play too many hands, and they keep drawing as long as they have even a whisper of a chance," he says. "It's smarter to play fewer hands and fold more often." Bringing the beer gives you something to do while watching the action, and keeps you from being called a party pooper for folding so much.

TROUNCE EVERYONE AT

JENGA!

Here's a little-known fact about this classic game, and it'll allow you to consistently destroy your family and crush your children's confidence. (Hey, it builds character!) All Jenga blocks are *not* the same, says Matt Donie, a manager of design and development for Hasbro Games. "I can't reveal the exact measurements, but the blocks are actually made in three subtly different thicknesses," he says, "and these tolerances are carefully monitored." By tapping different blocks with your fingertip, he says, you can eventually identify the thinner (and looser) blocks. Remove them from the tower to lower your chances of knocking it over.

Trovata shirt, AG pants

BED A WOMAN WHO'S WAY OUT OF YOUR LEAGUE It's possible to make even the most beautiful woman quiver in less than 5 seconds. "The trick is to look very deeply into her eyes," says Leil Lowndes, author of *How to Make Anyone Fall in Love with You*, "almost as if you're searching for her optic



MY RULE FOR WINNING TONY DUNGY

coached the Indianapolis Colts to victory in Super Bowl XLI and is an analyst on *Football Night in America*.

trust

"My coach, Chuck Noll, always put an emphasis on fundamentals. Champions are champions not because they do extraordinary things, but because they do the ordinary things better than everyone else. I always believed in concentrating on your job and trusting your philosophy, not worrying about how your opponents did things: Do what you do."

ace beer pong

If you're expecting heated competition, find some time to practice—but on a longer table, and with smaller cups. "You will be an animal," promises Duncan Carroll, cofounder of the annual World Series of Beer Pong. Specifically, he suggests using a 9-foot Ping-Pong table (rather than the 8-foot beer pong standard) and 8-ounce cups (instead of the regulation 16-ouncers). "It's like altitude training," he says. "Making it harder on yourself in practice will make competition easier. The 16-ounce cups will look like trash cans."

ZOOM AWAY IN A CYCLING SPRINT PRACTICE MAKING THIS SOUND: *PsssSSSSssSSSSssSSSSss*. "THE TRICK IS TO MODULATE THE HISS SO THAT IT SOUNDS EXACTLY LIKE A PUNCTURE SPINNING ON A BIKE TIRE," SAYS DON CUERDON, A FORMER RACER AND *BICYCLING* MAGAZINE EDITOR. BY MAKING THE SOUND PRECISELY WHEN YOU JUMP OUT OF THE SADDLE TO SPRINT, YOU'LL MOMENTARILY FREEZE THE COMPETITION AS THEY CHECK TO SEE IF IT'S THEIR TIRE THAT'S FLATTED. THIS IS ALL THE TIME YOU'LL NEED TO BREAK AWAY.

TRIUMPH AT FLAG FOOTBALL You need to learn two moves, says Michael Cihon, a 16-time flag football national champion. On offense, it's the spin move. Instead of trying to fool a tackler with a cutback or head fake, plant your lead foot and spin 360 degrees. This spins the flags as well, making them tougher to grab. On defense, Cihon recommends keeping your eyes on the midsection of the ball carrier. "That's the only part of his body that never moves," he says.

PICK UP A FIRST DOWN If it's fourth and long, "send 'em deep," says Drew Brees, Saints QB and last season's Super Bowl MVP. Have your receivers set up on both sides and send all of them deep except one. "The inside guy runs an option route," says Brees. "He can hook it up, run right, run left." Hopefully the D will be looking downfield at the deep threats and at worst you'll gain the first down.

nerve." Biological anthropologists call it the "copulatory gaze," and it can trigger a fight-or-flight response. It could make her heart race, her palms dampen, and her body tingle, and she'll think it's because she likes you. "Love, lust, and fear are closely intertwined," Lowndes says.

RULE AT TENNIS

To significantly improve every aspect of your game, hit the bottom inside quarter of the ball, says Steve Mallory, a teaching pro in La Costa, California. This will make you focus more precisely on the ball and produce more consistent and effective shots. "This part of the ball is always on the side that's closest to your body, and it's usually your optimal strike point."

RING UP A VICTORY AT

HORSESHOES

DESPITE HOW HEAVY A STANDARD 2½-POUND SHOE MAY FEEL, STRENGTH HAS NOTHING TO DO WITH THROWING IT ACCURATELY. THE KEY IS LETTING THE SHOE DO THE WORK, SAYS BOBBY WHITE, A NATIONALLY RANKED PLAYER. MASTER THE MECHANICS USING THESE TIPS.

1

Use a pendulum-style swing, letting the momentum of the shoe carry it forward.

2

Stand with your pitching arm closest to the stake so your swing lines up with the target. Your forward step should stay parallel to your swing so everything remains in line.

3

Step slightly ahead of the swing, timing it so your weight shifts onto your lead foot just prior to releasing the shoe. The release is lower than most people think; it's generally just as your hand clears your lead leg.

4

Complete the upward circle of your swing after the shoe has left your hand. Follow-through is the most critical element.

Clang!



NEVER LOSE AT

Rock, Paper, Scissors

Pound, slice, and wrap up your average opponent with these tips from Graham Walker, coauthor of *The Official Rock Paper Scissors Strategy Guide*. • **Rock is for rookies.** Men tend to throw Rock first. So if you're matched against another guy (and he's no expert), throw Paper, and then

gloat. If it's a woman you're squared off against, throw Scissors, since she's less inclined to throw Rock, and Scissors trumps Paper. • **When in doubt, go with Paper.** Walker has observed that Scissors is thrown less often than the statistical average (29.6 percent versus 33.33 percent).



PREVAIL IN AN ARGUMENT

Whether it's your boss, your spouse, customer support, or the kids you're facing off against, try to keep your voice deep, like James Earl Jones's. This sound advice comes from Aaron Sell, Ph.D., of the Center for Evolutionary Psychology at the University of California at Santa Barbara. His recent study found that people are capable of accurately predicting a man's physical strength based on the timbre of his voice alone. "So if you lower your voice, you'll sound stronger and should win more conflicts."

BE THE BEST AT BOWLING If your bowling knowledge is limited to what you've gleaned from *The Flintstones*, don't worry. Walter Ray Williams Jr., the Professional Bowlers Association career title leader, advises keeping it simple. Choose a 14- to 16-pound ball and focus on throwing it dead straight down the middle of the lane. As you deliver the ball, keep it an inch or two from your body, and remember to follow through. "My arm goes straight up, like it's reaching for the ceiling, and that's where a lot of my accuracy comes from." Nice shot, Fred.

kill it at darts

The biggest mistake novice throwers make is holding the dart like a pencil, according to Karl Remick, vice president of the American Darters Association. But as with any throwing sport, the weaker your grip, the less control you have over it. "Get as many fingers as you comfortably can on the dart," says Remick. "I use every one of mine except the pinky. I have my index and middle fingers on top, my ring finger slightly underneath the tip, and my thumb as the base." When it's time to launch, try throwing the dart *through* the board rather than *at* it. This subtle shift in mindset helps you throw more naturally and accurately.

Stand out in a football-throwing contest

The following technique isn't easy to master, but it's unmatched for launching a football long distances. It's also how Terry Bradshaw did it. Grip the ball so your index finger rests directly on its nose and as many other fingertips as possible are on the laces, says Timothy Gay, Ph.D., a professor of physics at the University of Nebraska at Lincoln. When you

release the ball, let your fingertips impart the all-important rotation (try for at least 10 revolutions per second) that stabilizes flight and reduces air drag. But—here's the Bradshaw booster—just before it leaves your hand, push off with that index finger. "You'll be applying force over greater distance, which will give the ball more speed and distance," says Gay.

MY RULE FOR WINNING K. ANDERS ERICSSON, PH.D.

is a psychology professor at Florida State University.

practice

"Take a recreational tennis player who misses a backhand volley. Play will resume, and later he could make the same mistake again. Contrast this experience with a coach practicing volley drills. In a few hours the player's volleys will improve more than after hundreds of hours of recreational tennis. Identifying weaknesses and designing deliberate practice lies at the core of the development of excellence. Research suggests that it takes over 10,000 hours of deliberate practice to win at an international level."



8

PUT AN EIGHT-BALL GAME IN YOUR POCKET: REVERSE YOUR USUAL STRATEGY, SAYS JEANETTE "THE BLACK WIDOW" LEE, WHO HAS WON MORE THAN 30 POOL TITLES. INSTEAD OF GOING FOR THE EASIEST SHOTS FIRST, DO THE OPPOSITE. THAT'S RIGHT: GO FOR THE CHALLENGING ONES. BY LEAVING YOUR TAP-INS NEXT TO THE POCKETS, YOU'LL REDUCE YOUR OPPONENT'S TARGETS WHILE INCREASING YOUR CHANCES OF HAVING HIM DROP A BALL FOR YOU. "THIS STRATEGY WILL GIVE YOU THE BEST CHANCE OF WINNING," THE BLACK WIDOW SAYS.

DOMINATE PICKUP HOOPS CHRIS BALLARD VISITED 1,000 COURTS WHILE RESEARCHING HIS BOOK *HOOPS NATION*. ALONG THE WAY HE WITNESSED ALL MANNER OF SNEAKY MOVES. THIS IS ONE ANYONE CAN EXECUTE: WHEN YOU GRAB AN OFFENSIVE REBOUND, DON'T IMMEDIATELY TAKE IT UP. INSTEAD, PUSH YOUR BUTT INTO THE GUY ON YOUR BACK. THE SPACE YOU CREATE WILL PREVENT HIM FROM BLOCKING YOUR SHOT.

Attract influential followers on Twitter The key to mastering the medium is emphasizing quality over quantity, says Laura Fitton, coauthor of *Twitter for Dummies*. "Any hack can cheat his way to thousands of followers," she says. You want to score more Klout (klout.com), clickthroughs (bit.ly), and favorites (avstar.fm). All these Web sites and the number of retweets will help you gauge your progress. "Remember that 'Be yourself' crap from your mom, or the Palinese variant, 'Be a maverick'? Being *absolutely you* wins on Twitter," says Fitton. "Take a position, make wisecracks, and link to stuff—funny, smart, harsh, controversial—that you feel strongly about."

MY RULE FOR WINNING MICHAEL PHELPS

has won 14 Olympic gold medals in swimming and founded the Michael Phelps Foundation.

reach

"My rule for winning: Dream, plan, reach. It started with a dream: to do something that nobody had ever done before. To turn that into reality, I needed a plan. Yes, the plan was tough to follow and I made many sacrifices along the way, but it was my commitment to the plan that kept my dream alive. All of which enabled me to reach for it—literally!"

GAIN MORE FRIENDS

We're not talking the Facebook kind, but true-blue, backslapping buds. The first step, says Geoffrey Greif, M.S.W., D.S.W., the author of *Buddy System: Understanding Male Friendships*, is determining where you rank on the masculinity scale.

Mano a mano You're a macho weekend warrior who talks sports and hangs out in the locker room. You're capable of dealing with some feelings, but you generally lack an interest in doing so.

Guy-to-guy You have plenty of interests but nothing extreme. You're reasonably fit, feel comfortable in locker rooms, and follow and play sports—but not obsessively. You're okay with feelings (others and your own).

Person-to-person You edge toward androgyny and may feel ill at ease in locker rooms. You follow sports peripherally and play them only for fun or with women. You favor books over TV, and initiate discussions about emotions.

Now that you know what kind of guy you are, concentrate on seeking the same type of friends. Do this by being the organizer, says Greif, a professor at the University of Maryland. "Guys like guys who reach out and start things. Simply think about what you like doing and enlarge it by inviting similar guys."

WIN A PUSHUP CONTEST

We reached out to 36-year-old Cybele Forbes, a 5'2", 134-pound mother of two. Don't laugh. This TNT camera operator beat Charles Barkley in two pushup tests, banging out 28 and 32. Use her advice to kiss the floor and humble giants.

GO SECOND OR AT THE SAME TIME. Going first puts you at a disadvantage.

TAKE A WIDE STANCE. "I set my feet and hands a little wider than shoulder-width apart so I'm evenly balanced," says Forbes.

ALIGN YOUR BACK, BUTT, AND LEGS. Check yourself in a mirror; your body should form a straight line from ankles to head.

CONCENTRATE MORE ON BREATHING than on the actual pushups. Inhale up, exhale down, slowly and deliberately in rhythm with the movement. When your muscles start to burn, focus on your breathing.

WHEN ALL ELSE FAILS, WEAR A BAGGY SHIRT. Forbes went with form-fitting Spandex while Sir Charles went the opposite route—and reaped the benefit. "His shirt was so loose you couldn't even see if he was touching the ground," she says.

HOLD YOUR BREATH THE LONGEST ENDURANCE ARTIST DAVID BLAINE LASTED 17 MINUTES AND 4 SECONDS WITHOUT AIR BY USING A TECHNIQUE CALLED GLOSSOPHARYNGEAL INSUFFLATION, OR LUNG PACKING. HE TRAINED FOR MONTHS, BUT THIS SIMPLIFIED VERSION CAN GIVE YOU AN INSTANT BOOST, SAYS RALPH POTKIN, M.D., BLAINE'S ADVISOR AND THE U.S. FREEDIVING TEAM'S PHYSICIAN. INHALE AND EXHALE DEEPLY FOUR TIMES; THEN INHALE DEEPLY AGAIN, AND WHEN YOUR LUNGS ARE FULL, INHALE SHARPLY THREE TIMES, GULPING DOWN AIR. HOLD IT! DISTRACT YOURSELF BY WORKING FROM A TO Z IN YOUR HEAD, MATCHING CELEBRITIES' NAMES TO EACH LETTER. YOU'LL BE THINKING SHAKIRA WHILE YOUR BUDDY FLOUNDERS.



FINISH FIRST IN... ...A 5-K CHALLENGE

So you made a wager with a buddy and now it's decision day. Assuming you've trained properly (speed work once a week and a slow, long run every weekend), here's the strategy that will earn you bragging rights: "During the race, take a 20-second walk break at the 2- and 4-kilometer marks," says Olympian Jeff Galloway, who has coached more than 250,000 runners to their goals at jeffgalloway.com. Although that may sound counterintuitive, giving your leg muscles a break even in a short race helps them perform at a higher level overall.

...AN UPHILL FOOTRACE

So the same buddy, distraught at losing the 5-K, has now challenged you to a hill climb, double or nothing. Once again, assuming you've done the necessary conditioning, you can win. Follow this advice, courtesy of John Stifler, who has run the Mt. Washington Road Race course six times.

Shorten your stride. Running uphill is no different from bicycling uphill. As the grade steepens, you need to shift to lower gears so that you can maintain your rpm's, or leg turnover.

Look down. Your focus should be anywhere from just in front of the tip of each shoe to the road 20 feet in front of you. This puts your body in a more efficient forward lean—and keeps you from focusing on how far from the top you are.

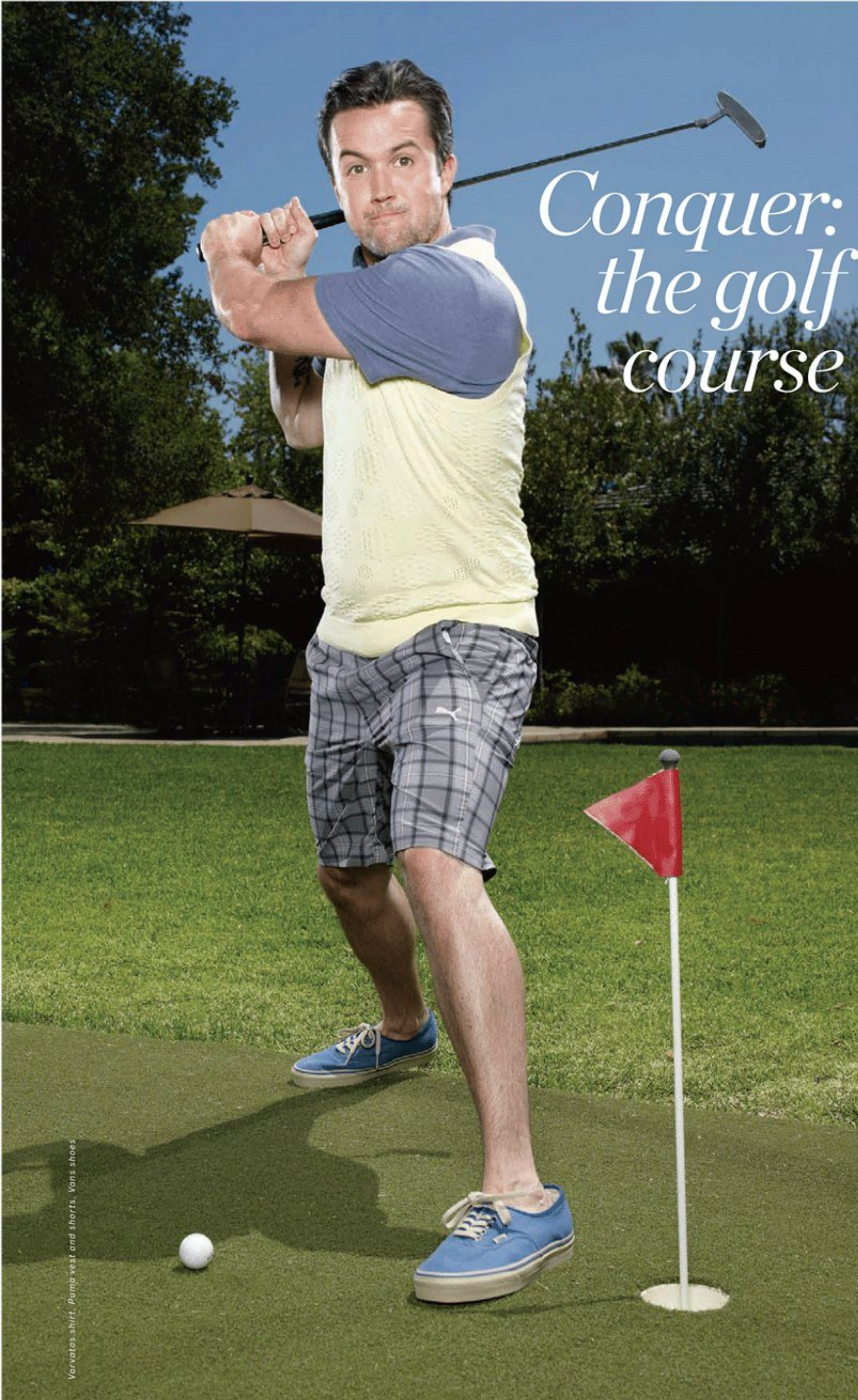
...AN ALL-OUT SPRINT

So the same buddy challenges you to a 40-yard sprint on a football field, triple or nothing. You don't even need to train for this one. Just follow the advice of Mark Sisson, a former elite runner and the author of *The Primal Blueprint*:

Take off your shoes. Your opponent will think you're nuts, but going barefoot accomplishes two things: (1) It lightens your feet to boost leg turnover, and (2) it involves more of the small muscles in the feet to add to your propulsion.

Pump your arms. Focus on raising your elbows when they're behind your body, because this will cause them to pop up to shoulder level in the front, which speeds your stride.

Be the hunted or the hunter. "Adopt a kill-or-be-killed mindset," says Sisson. If he springs to a quick lead, hunt him. If you're out front, imagine you're being hunted by a lion. Roar.



Conquer: the golf course

Gio Valiante, Ph.D., a sports psychologist, gives a bottle of shampoo to all his athletes, including Vijay Singh and Camilo Villegas, and has them repeat what's on the label. Use his crazy scheme to wash frustration out of your game. **Wash = Pick a precise target.** Be decisive about where you're hitting the ball, and focus on it. The human brain is wired to react to targets. **Rinse = Take a fearless swing.** Don't try to steer the ball. Be aggressive. **Repeat = Forget about it.** Whether it's a good shot or a bad shot, accept it and move on. Whether you're 5 under or 5 over, keep cycling through this routine: "Pick the target, take a fearless swing, accept the outcome. Wash. Rinse. Repeat."

THE DRIVING RANGE

To be a bigger hitter, you need to increase your clubhead speed. For every 10 miles per hour you add to your swing, you'll put 25 more yards on the ball, says Steve Griffith, 60, a world long-drive champ who can still whack 'em nearly 400 yards. Besides just swinging harder, the key is making a full shoulder turn. Rotate so your back is to the target when you're at the top of your backswing. "Do this with a smooth, slow motion that allows your body to turn but keeps your head still," says Griffith. Then let your torso lead your shoulders, arms, and hands as you uncoil. Boom!

THE PUTTING GREEN

When you sign your name on a check, you do it fast and fluidly. If you tried to slowly copy your signature letter by letter, it would be a mess. That's the simple secret to successful putting, says Dave Stockton, who has 25 PGA wins, including five majors. He recommends cutting the time you spend with a putt by at least 50 percent. "Just line it up from the low side, go back to the ball, look at your line, and let it go," he explains. "Roll the ball across the green as if your putter were a paintbrush," says Stockton.

Varvatos shirt, Puma vest and shorts, Vans shoes

OUTSMART THE CARNIVAL SPEED PITCH You've always suspected that these games were rigged, but you've never been able to figure out how. Until now. Tom Mody sells radar guns and speed-pitch booths, so he knows all the tricks. A radar gun is most accurate when (1) it's aligned with the delivery (either directly behind or in front of the pitcher) and (2) it "sees" the release (since that's when a thrown ball has its highest velocity). But—surprise—a lot of carneys don't position their units this way. Usually they're off to the side, meaning they miss the release and see only a portion of the ball's flight, which results in lower readings. To circumvent this, Mody recommends aligning your release and pitch as much as possible with the eye of the gun. This may mean standing more to one side or even throwing the pitch to an off-center part of the backstop. Just remember that the more it sees, the faster you'll be. Choose the giant panda.

MY RULE FOR WINNING TIMOTHY FERRISS

is a former Chinese kickboxing champ and the author of *The 4-Hour Workweek*.

innovation

"The key is to distinguish between official rules and self-imposed rules. I won a kickboxing championship by throwing my opponents off the platform for TKOs. The crowd booed, but it worked. Think of high-jumper Dick Fosbury at the '68 Olympics. People laughed at his approach, but he won gold. Now everyone uses the Fosbury Flop."

THE  WINNER'S EDGE



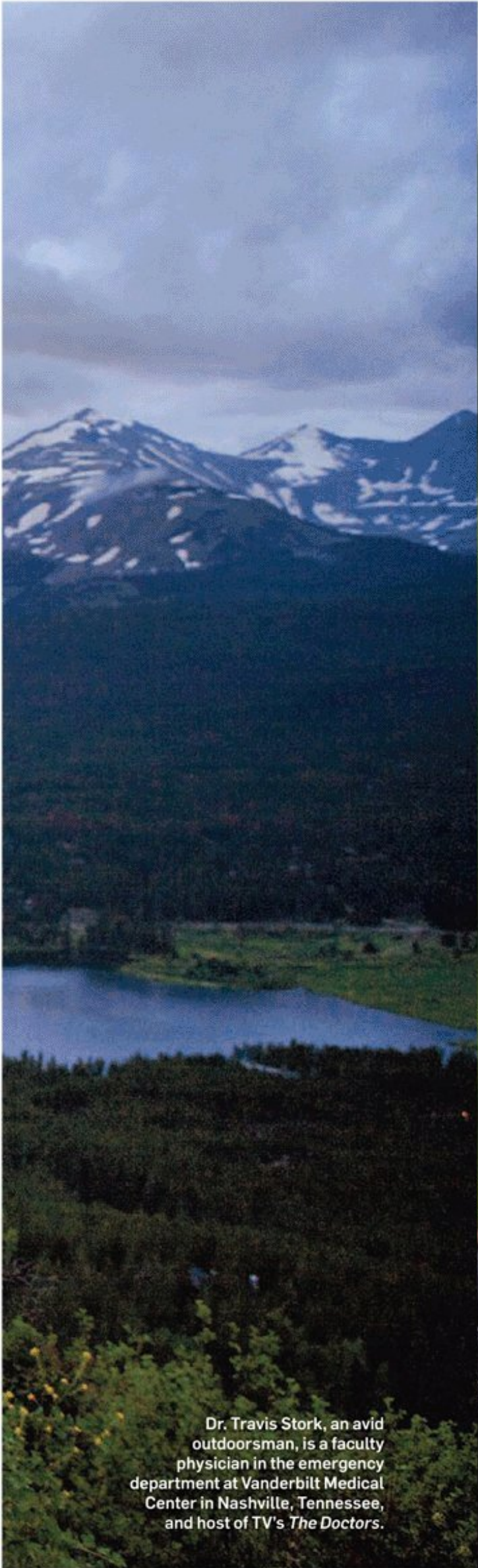
ER doc
Travis Stork
has seen too
many sports
casualties.
Read on
so you won't
join the
injured list

BY TRAVIS STORK, M.D., WITH JIM GORMAN
PHOTOGRAPHS BY THERESA ORTOLANI

THE WEEKE

YOUR GUIDE TO AVOIDING THE E.R.

SUPERHE



Dr. Travis Stork, an avid outdoorsman, is a faculty physician in the emergency department at Vanderbilt Medical Center in Nashville, Tennessee, and host of TV's *The Doctors*.



ND RO



You don't want to know me.

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If we meet on the job, it probably means you're in a world of hurt. I'm an ER doctor. I see the worst that can happen to a guy: the carnage inflicted by a multicar pileup, the devastation of a heart attack, the mess and the mayhem behind the evening news lead-in.

But I also see injuries that, while less Tarantino-esque, stick with me for other reasons—bones snapped on rock-hopping mountain-bike rides, ligaments shredded on soccer fields, tendons ruptured while boarding. When I see a man in his 30s who's torn up his knee playing hoops, or a 26-year-old who's wrecked his shoulder after imploding off a mogul, I empathize. Guys like us—we need to be in the game. We *need* to take on the biggest rapid, the steepest slope, the fiercest opponent. These are the activities—not our day jobs—that fuel our fires. I'd never recommend giving it up—the risk, the adrenaline rush. But I would advise you to do everything you can to minimize your chances of injury so you can stay in the game . . . and win. So here are seven of the most common sports injuries I see in the ER. Read on to learn how to keep from being yet another forced retiree from the games that make life worth living.

WRIST OR ELBOW FRACTURE

Case study: 33-year-old male skier presents with severe wrist pain and deformity. Injury sustained while skiing moguls. Patient crashed over ski tips, using right hand to break fall.

A fall onto an outstretched hand—or “foosh” as we call it—causes ER visits as frequently as the Kardashians cause paparazzi pileups. Skiers, snowboarders, skateboarders, and rollerbladers are the usual victims, although pretty much any sport that has you moving fast with hands free will do. Boom, over you go and out go the hands to break the fall. Wrists and elbows are what break instead.

I've fooshed. Within days of moving to Colorado after my residency training, I went mountain biking on some tough terrain. I was in over my head, and sure enough, it wasn't long before I was flying over the handlebar. Despite all my knowledge of anatomy, what did I do? Stuck out my hand to break my fall. What'd I get? A gash on my palm and a fracture that kept me off the bike for months.

While you're fooshing, all those mechanical and vector forces you create have to go somewhere. The position of your hand when it makes contact with the ground determines where those forces will focus and where the injury will occur. Fall forward onto your hand, as I did, and you risk breaking your wrist. The next thing you know, you're in a cast for 4 to 6 weeks, followed by physical therapy. Or fall backward on your hand with your arm outstretched, and it'll be

your elbow that fractures. Depending on which bone you damage, you'll find yourself in either a sling or a long-arm cast for 3 to 6 weeks.

✖ ER Avoidance

Roll with it. Instinct rules in the milliseconds between the start of a forward fall and its painful conclusion. Make sure your instinct is for tumbling rather than applying the hands-out brake. Once you're airborne, tuck chin to chest and try to land on the back of your shoulder. Then keep rolling. Use your leading arm to guide the tumble; use the other arm to protect your head.

Practice on grass or carpet until it's hardwired. **Stay balanced.** Your ability to regain your balance quickly can prevent a little wobble from becoming a crash. To improve your reaction time, practice with dynamic agility drills involving direction changes at progressively higher speeds. You'll need a buddy for this. Mark out two 5-by-5-yard squares. One of you is the rabbit, who initiates quick-cutting moves in one square. The other is the fox, who mirrors those moves in the other square. Do 4 to 6 reps of 15 seconds each.

Armor up. You may feel like a dork wearing a helmet and wrist guards while skateboarding or snowboarding, but will the strangers you're trying to impress visit you in the hospital? No.

Stay centered. Proprioception—the ability to sense the position and orientation of your body and its parts—slumps with age, raising your risk of falling. Studies show that staying fit may slow the process. Hit the gym to avoid hitting the dirt.

Stunts: Ian McLaughlin/instunts.com

ANKLE SPRAIN

Case study: 40-year-old male presents with pain and swelling of lateral left ankle. Patient stepped off a curb while jogging. Suspected inversion sprain.

In the ER, ankle injuries are like drunks—they just keep coming. Sprains account for roughly 80 percent of ankle injuries, and of those, the majority are what we call inversion sprains. These happen when the foot is forced to turn inward beyond the limits of the ankle ligaments. The ligaments on the outside part of the ankle tear, and you go down in a heap.

There are two main reasons for the endless parade of ankle sprains I see: (1) The guy was playing a sport like football or soccer that requires a lot of stop-start, lateral movements he may not have been conditioned for, or (2) he wasn't wearing proper footwear, such as high-cut boots for hiking or high-tops on the court.

Back in high school, I sustained a bad ankle sprain in my freshman hoops season because I was messing around in low-cut sneakers with no ankle support. Missed the remaining games.

✖ ER Avoidance

Work your ankles. Ankle stiffness in the forward direction (dorsiflexion) has less to do with tight calf muscles than with weak muscles on the outside part of the shin. Build strength by doing simple toe raises. In a seated position, lift your toes as high as they'll go while keeping your heel on the ground. Hold for a six count. Do 2 or 3 sets of 12 to 20 repetitions.

Protect yourself. If you've already suffered a sprain, you need to strengthen your weakened ankle to prevent reinjury. Stand on one foot as you brush your teeth, switching feet halfway through. Do this every time you brush. It's a great way to improve your balance and increase your ankle stability.

Of course, you also need proper footwear, and if you've had a previous ankle injury, you should wear a brace. Weakened ligaments tend to stay that way; more than a third of people who've sprained an ankle end up spraining it again. Finally, if you're playing touch football (or any other sport, for that matter), avoid uneven playing surfaces or torn-up fields.

BROKEN MAN TO IRONMAN

Firefighter and Ironman Matt Long can tell you a thing or two about staying in the game. He came back—after being run over by a bus.

He was a triathlete, a Boston Marathon qualifier, a guy who'd pound out 20 miles of pavement if he had a few free hours. He was also the guy you wanted by your side if you had to burst into a burning building. Matt Long was one of New York City's fittest firefighters.

But then a 20-ton bus smashed into Long during his short bicycle commute to work. The ghastly wreck left him with a fractured right tibia, femur, shoulder, and hip. His left foot was shattered. The bus crushed his pelvis and tore his rectum. It left him with a 5 percent chance of surviving, and after he beat those odds, it left him in a wheelchair.

Long's recovery began with 42 operations, 62 pints of blood, and increasingly intense rehabilitative therapy. That training led to his return to the New York Marathon in 2008 and his first postaccident Ironman in 2009. Even in that race, when he thought he wasn't going to make it, he knew his attitude would make the difference. "I thought that even if I came up short and I only completed 18 miles of the run, that was 18 miles of victory, not 8 miles of failure," he recalls. He finished in 16 hours, 58 minutes—just under the race's 17-hour time limit.

Long, whose book *The Long Run* is due out this month, helps athletes overcome traumatic injuries through the I Will Foundation (iwillfoundation.com). For anyone recovering from injury, he offers this advice.

Lean on past hardships

As inspiration for his recovery, Long revisited memories of 9/11. "You realize how precious life is and how weak of me it would be to give up," he says.

Why it works Higher levels of optimism and coping skills contribute to mental toughness in athletes, according to a 2008 study published in *Personality and Individual Differences*. Find strength in your own past struggles. If you overcame them back then, you can overcome them now.

Don't hide

It's fine to soul-search, but Long says you need a solid support system to keep you motivated. "If I had kept my walls up, blocking out my friends and family, I would have been a lonely, miserable S.O.B. in my dark apartment, still using my wheelchair," he says.

Why it works The spirit of other people is infectious. According to a 2008 study in the *British Medical Journal*, people who surround themselves with happy people are more likely to have a positive outlook.

Find fitness friends

Long still trains with his firefighter buddies, who keep him committed. Their all-for-one mentality prevents him from quitting when things turn tough. Find your crew. Set a time and place. Show up at all costs.

Why it works Teaming up with a dedicated fitness partner may help you exercise more and see greater results than if you go solo, according to a 2009 study published in the *Archives of Internal Medicine*.

PAUL KITA



HAMSTRING PULL

Case study: 45-year-old male describes sharp pain in left posterior thigh and buttock while walking. Subject was sprinting to first base during a coed softball game when he experienced acute burning sensation.

You've seen the pro athlete pull up on the field, his hands glued to his butt, his face twisted in pain. You'd think he'd just been shot. Out of the camera's eye, weekend warriors go down with hamstring pulls or strains with even greater frequency. Jeter wannabes, I call them—guys who forget that they haven't been playing competitive baseball, football, or soccer on a daily basis, who have poor flexibility, and who are overdoing it with running or jumping activities.

Depending on the severity of the tear, most hamstring pulls can usually be treated at home with the classic RICE prescription—rest, ice, compression, and elevation. But recovery time can stretch from a few weeks to a few months.

✖ **ER Avoidance**

Lose the lopsidedness. The combination of strong quads and weak hamstrings shoots your risk of injury to either muscle through the roof. Many gym standards, such as squats, lunges, and leg presses, overemphasize the quads at the expense of the hamstrings. Vary your routine by adding stepups and straight-leg deadlifts, which train the hamstrings as hip extensors.

Stepup. Stand facing stairs or an adjustable step platform. Place your right foot squarely on a step so that your thigh and lower leg form a 90-degree angle. Push your body up until you're standing on your right leg on the step. Pause, and step down slowly onto your left foot. Keep your back straight and your abdominal muscles tight. Do 2 or 3 sets of 8 to 12 repetitions. Add light dumbbells as you gain strength.

Straight-leg deadlift. Follow these instructions precisely in order to maintain good form and avoid injury. With your feet and hands shoulder-width apart, grasp a weighted barbell, palms down. From an upright position, keeping your arms straight and your back slightly arched, slowly lower the barbell by shifting your hips back. Your knees should bend only slightly. Lower the barbell as far as your hamstrings will allow. Return to a standing position by contracting your hamstrings and glutes. Do 2 or 3 sets of 5 to 8 reps.

SHOULDER INJURY

Case study: 28-year-old male complains of severe shoulder pain consistent with AC separation. Subject was playing football when he landed hard on shoulder with tackler on top.

Separation anxiety. That's what anyone bombing down a hill or about to get blitzed by a linebacker should be feeling, because a shoulder separation (known as an AC, or acromioclavicular, joint separation) or a clavicle fracture may be up next. Either injury can arise from playing contact sports, like football, rugby, or hockey, although a foosh can cause a shoulder injury, too.

During a hard fall, a shoulder gives way where it's weakest, and that's often either the AC joint or the clavicle. The clavicle will be forced away from the shoulder bone, resulting in a shoulder separation (a ligament injury), or the bone itself will fracture. Either injury can cause a deformity, but unless it's severe, rest is usually the primary treatment. You can forget about doing bench presses anytime soon. Recuperation requires at least 8 weeks.

✖ **ER Avoidance**

Roll through falls. It's tough to control a fall when a tackler is initiating it and, to a large degree, controlling it. But learning to manage contact in contact sports can help disperse the brunt of impact across as many of your bones and joints as possible. Your goal is to roll through the impact rather than using a stopping motion. Relaxing instead of tensing up also helps

doesn't have the conditioning, come Saturday, to execute the quick start-stop movements that soccer, skiing, football, and basketball require. He pivots in one direction while his lower leg keeps moving in the other, tearing his knee's stabilizing ACL.

Hang with me for a quick anatomy lesson. Four primary ligaments hold together the bones that meet at the knee: The two collateral ligaments (on either side of the knee) check the knee's sideways motion, and the two cruciate ligaments (inside the joint) control back-and-forth movement. ("Anterior" means "at the front"; the PCL, or posterior cruciate ligament, is—you guessed it—at the back.) Any direct contact to the knee or rapid change in direction can stretch and even tear these ligaments. At best, you're benched for months. At worst, as in a Grade III tear, a ligament snaps clean through and often needs surgical repair.



manage the effect of contact with the ground. Practice falling on a padded floor at the gym, forcing your body to relax with each tumble.

ACL TEAR

Case study: 34-year-old male presents with intense pain and significant swelling of right knee. Subject was playing soccer when he heard a loud pop after pivoting on right foot while dribbling past a defender. Suspected right ACL tear.

A tear of the knee's anterior cruciate ligament (ACL), like all ligament injuries, is distressingly prevalent among weekend warriors. The guy who's deskbound all week often

✖ **ER Avoidance**

Brace your knee. Create a brace of sturdy quads, hamstrings, and calves using a leg-targeted lifting routine that includes squats, lunges, leg presses, and the hamstring exercises described above.

Hop to it. Use jump squats to combine muscle building with balance and coordination training. Standing with your feet shoulder-width apart, hands out, and elbows angled 90 degrees, bend your knees until your thighs are parallel to the ground. Explode upward, driving your arms up. Land softly on both feet, making sure your knees don't bow inward. Rest for a couple of seconds, and repeat. Do 3 sets of 10 to 12 reps.

ATHLETE, HEAL THYSELF

The worst thing about most sports injuries is wasting time in hospital waiting rooms. "Guys often come to the ER in search of a magic bullet," says ER physician Travis Stork, M.D. "But many injuries are minor enough that you're discharged a few hours later with nothing more than a few pricey anti-inflammatory pills and a bruised ego." Treat these five common sports slowdowns yourself.

Jammed finger

This injury results in a bruised, swollen finger. "It can actually break a bone or tear a tendon," says Jeffrey Manko, M.D., an assistant professor of emergency medicine at New York University. "But often you have nothing more than a big bruise." If you're still able to fully flex and extend it, you can probably deal with it yourself. If you have any concerns, though, go to the ER for x-rays.

Play doc: Ice the distended digit and "buddy tape" it to a neighboring finger. After 3 or 4 days, remove the tape and begin range-of-motion exercises, such as drawing circles with your finger. Then advance to everyday motions, like typing. Continue to buddy tape it during sports as needed.

Fractured rib

A body blow that brings on a sharp pain in your rib cage might have broken a rib or two. If you have difficulty breathing, pee blood, are unable to take deep breaths without severe discomfort, or if you experience lower-abdominal pain, head to an ER to check for a punctured lung. Otherwise, head home to recover.

Play doc: Apply ice and consider this pain-fighting regimen: four 200 mg ibuprofen tablets every 8 hours, or two 220 mg Aleve twice a day. Add two 500 mg Tylenol every 6 to 8 hours if needed. The drugs may act synergistically for better pain control, says Warne Fitch, M.D., an assistant professor of emergency medicine and orthopedics at Vanderbilt University.

Bloody nose

Catching an elbow to the face in basketball may make you see red in more ways than one. "True gushers, or posterior nosebleeds, warrant a trip to an ER," Dr. Stork says. But front bleeders—anterior nosebleeds—require just a steady hand to seal them off. If you can't stop the bleeding or feel light-headed or dizzy, go to the ER.

Play doc: Firmly pinch the soft part just below the bridge of your nose for 10 minutes. Don't pause to check your progress; this can interrupt the clotting process. Don't tip your head back—you'll only choke and swallow the blood. Avoid blowing your nose (or sticking your finger in there) for the next few days, until the busted vessels have healed.

Road rash

Wiping out on your Trek can leave you with all sorts of oozing ugliness. But superficial road rash is nothing more than a glorified scrape. As long as your appendages seem to be working fine, the wounds aren't deep, and there are no other sources of pain, treat yourself.

Play doc: Use a syringe to irrigate the wound and remove debris, and thoroughly cleanse the area with soap and water—and nothing more. "Hydrogen peroxide is an indiscriminate killer," says Dr. Manko. "It will destroy good tissue that's key to the healing process." (Road dust may contain tetanus bacteria, so make sure you're up to date on your shots.) Apply antibacterial ointment, and then wrap the wound in nonadherent gauze.

Black eye

If there's severe bruising and swelling around your eye but your vision is not affected and there's no visible deformity to the bones surrounding your eye, you can probably steer clear of the ER. If you're worried about an underlying head injury, that's another story. Have it checked out.

Play doc: For 24 to 48 hours, apply a cold pack for 10 to 15 minutes every hour you're awake. You can minimize swelling by keeping your head elevated above heart level. If you take a painkiller, stick with Tylenol. Ibuprofen (Advil or Motrin) and naproxen (Aleve) can increase bleeding into the bruise, Dr. Manko says. The bruising will typically subside within a week or two.

LAURA ROBERSON

CONCUSSION

Case study: 28-year-old male complaining of dizziness, headache, and inability to concentrate. Patient fell and hit his head while bicycling with friends. Rendered momentarily unresponsive. Patient was not wearing a helmet.

When you take a hard hit to the head while skiing, bicycling, or blocking a tackle, your brain is violently shaken and sometimes literally slams against its hard casing—your skull—injuring precious neurons in the process. The result is often confusion, blurred vision, memory loss, nausea, and sometimes unconsciousness. A single severe concussion or repeated mild concussions may lead to lasting depression and dementia, as we're seeing with an increasing number of NFL players.

✱ ER Avoidance

Choose the right headgear. A good lid can absorb and deflect impact forces and prevent serious brain injury. Until I became an ER doc in Colorado, I never used to wear a helmet while skiing. But then I saw maybe five severe head-injury cases on the job every day, some of them young skiers who would never walk or talk normally again, all because they weren't wearing a helmet. It's a stupid, unbelievable waste. A helmet should be snug, level on your head, and stable enough to remain in place despite violent shakes or hard blows. But don't think one helmet will protect your dome for all activities. Consult the certifications on the product's packaging to ensure that the helmet has been tested to the appropriate standards. Cycling or in-line skating require an ASTM F1447 certified helmet; BMX requires an ASTM F2032 certified lid; and a rock climber needs an EN 12492 helmet.

ACHILLES TENDON RUPTURE

Case study: 35-year-old male presents with inability to flex right ankle. Subject reports that while leading a fast break in a basketball game, he heard a loud pop from the back of his leg. Exam suggests a right Achilles tendon rupture.

Soccer great David Beckham recently brought this devastating injury to public attention, but Achilles tendon ruptures have always been infamous in the ER thanks to weekend athletes. The men I usually see might have had some warning from Achilles tendinitis—soreness and stiffness where the tendon meets the heel—prior to the blowout, but usually this injury comes out of the blue. And it comes with sound effects: The Achilles is the thickest and strongest tendon in the human body, so when it pops, people often hear it. If the rupture is complete, you won't be able to fully flex your ankle.

Achilles tendon ruptures occur primarily in sports requiring abrupt jumping or bursts of sprinting, such as basketball, soccer, and tennis, as well as running and track-and-field events. Ruptures can be treated surgically (doctors go in and reattach the tendon) or nonsurgically, with simple casting. (The rerupture rate in patients who don't go under the knife is higher.) Either way, you're looking at up to 6 months before returning to action.

✱ ER Avoidance

Lunge and lean. It's no coincidence that most Achilles ruptures happen to athletes between the ages of 30 and 40. As we age, the water content of tendons declines, making them stiffer and less able to tolerate stress. Stretch your Achilles tendons regularly and always after your game or workout. Never do it prior to warming

up. Here's how: Stand facing a wall with both palms resting against it. Take one step backward with your left foot. While keeping both heels on the ground, slowly lean into the wall, bending both your right and left knees at the same time. Hold for 30 seconds, and switch legs. Extra credit: Sit in a full squat with both heels on the floor for as long as you're comfortable.

Get hip. Achilles tendons pop due to overload, and the overload comes from a lack of pelvic control. Your pelvis tilts forward, which shifts your center of gravity forward, increasing the load on your calf muscles and Achilles tendons. To build pelvic stability, do basic planks and side planks (two 45-second reps of each) as well as half-kneeling hip flexor stretches. To do the hip flexor stretch, kneel on your right knee with your left leg extended at a 90-degree angle. Lunge forward, keeping your back straight and tightening your butt. Hold for 30 seconds. Do 3 to 5 reps, switch legs, and repeat.

Heed the warning. If you have tenderness or pain above the heel—symptoms of Achilles tendinitis—avoid activities that place excessive stress on your Achilles, such as jumping and hill running. As a general rule, alternate high-impact sports, such as running, with low-impact sports, such as biking or swimming. If there's significant pain, give yourself proper rest, because there's a reason something hurts. Your body is telling you the Achilles is inflamed and needs RICE so you can slowly return to activity. Otherwise, a rupture may sideline you for a year or more! And that's not good for guys like us. ■

Additional injury-avoidance guidance provided by Bill Hartman, P.T., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training.



THE ALL-STAR DIET

Sports nutrition is easy, if you're a cartoon character. Take Popeye: The gravel-voiced sailorman would down a can of spinach, and next thing he knew he was shot-putting a bowling ball into the stratosphere. Try that at home and the only thing you'll be heaving is the spinach. • "No specific food will make you faster or stronger tomorrow," says Lonnie Lowery, R.D., Ph.D., an exercise and nutrition scientist at Winona State University, in Minnesota. Instead, whatever your goal—packing on muscle, going the distance, or losing that gut—you have to think long-term. "Sports nutrition is all about many factors adding up over time." In other words, think marathon, not sprint. • So even though there's nothing that will make you an instant athlete (or substitute for that last set of reps), the right foods and drinks *can* help you work harder, train longer, and look better. Good nutrition supports good workouts, and good workouts make the most of good nutrition. We've rounded up the latest research to help you fuel the body you have—and create the body you want. All you need is enough strength to twist a lid, tear a pouch, and, yes, open a can.



FEED YOUR BODY FOR STRENGTH, SIZE, ENDURANCE, AND MAXIMUM PERFORMANCE

BY LOU SCHULER
PHOTOGRAPHS BY NIGEL COX

THE RIGHT CARBS (AND OCCASIONALLY, EVEN A DOSE OF SALT) CAN HELP YOU GO FARTHER, LONGER.

INCREASE YOUR ENDURANCE

In some ways, your body is one big bundle of fuel wrapped in skin; a man of average size stores enough fat to sustain him for days, weeks, maybe months. So why is it so hard to exercise for much longer than

a couple of hours at a time? One word: glycogen. It's glucose in storage form, and your body's most easily accessible source of energy. You can work, sleep, or wander the mall all day without ever mak-

ing a dent in the glycogen stored in your muscles and liver. But the minute you ramp it up, your energy supply is on the clock.

"Most adults have enough glycogen to exercise 1 to 3 hours at most. If

you're exercising at moderate to high intensity, your glycogen levels will sink more rapidly," says Marie Spano, R.D., a sports nutritionist in Atlanta who works with pro and college athletes. Your body will

never let you use all your glycogen—there's always some in reserve—but you'll start slowing down when the needle nears the *E*. To train seriously, you need to delay that moment as long as possible.

Load up to go long

Research shows that eating the right amount of carbs several hours before a race or a multihour training session can maximize your glycogen supply, which boosts your endurance. To top off your tank, your preworkout meal should include $\frac{1}{2}$ to 1 gram of carbohydrates per pound of body weight, Spano says. For a 180-pound guy, that's between 350 and 700 calories from carbs (or 2 to 4 cups of cooked spaghetti). Which end of the range is right for you? Depends on how much time you have to digest. The longer the lag before game time, the more you can eat.

Eat right for short workouts

If you're exercising for an hour or less, you don't need to make special dietary accommodations. But you do need fuel to sustain yourself. Lowery recommends eating a simple meal with at least 200 calories, 20 grams of protein, and 30 grams of carbs an hour or two before your workout. A simple grilled-chicken sandwich will set you up.

Drink for endurance

Exercise-induced dehydration slows your motor neurons; it's as if you were making Michael Phelps swim through Jell-O. Not only do you feel fatigue sooner than you otherwise would, but your performance slips as well. Skipping liquids also means missing out on an easy-to-absorb delivery system for the nutrients your body needs during or after exercise.

Knowing how much fluid you need to replace isn't easy. Sweat rates range from a pint an hour to four times that, and of course rates fluctuate with the

weather. Whatever you do, don't rely on thirst as a gauge. By the time you're hankering for a drink, you're probably well on your way to dehydration.

There's one way to know for sure if you're drinking enough: Weigh yourself before and after a long race or training session. Almost all the weight you lose is water. Replace each lost pound with 24 ounces (3 cups) of fluid. Another indicator of hydration status

Caffeinate a workout

Caffeine does more than keep you awake. If you're a long-haul athlete, it can boost your performance, help you use more fat for energy (thus sparing your precious glycogen), and reduce post-training pain. Curiously, though, you can't reap these benefits from the world's most popular caffeine-delivery system. "There seems to be a com-

also pack a boatload of calories, and you'd need a Ph.D. in chemistry to decipher their ingredient lists. Consider taking a caffeine tablet instead so you know what you're consuming. Studies show benefits with 1.4 to 2.7 milligrams of caffeine per pound of body weight, which works out to about 252 mg for a 180-pound guy (maximum-strength No-Doz contains 200 mg). If you aren't a heavy coffee or soda drinker, you'll probably get wired with less.

need more sodium. Spano recommends SaltStick Capsules (saltstick.com), an electrolyte-replacement product developed by a former pro triathlete. Each capsule has double the sodium of a typical sport drink.

Juice up your body

To protect your muscles during intense training, think dark-red fruit. A recent study at Oregon Health & Science

REFUEL ON THE FLY

Along with providing water and carbohydrates, sport drinks replace some of the minerals you lose through heavy sweating. Three of those minerals—potassium, magnesium, and chloride—are called electrolytes for a simple reason: Your body needs them to transmit electrical signals from your brain to your muscles. Those signals travel through your body's fluids, which are regulated by another electrolyte, sodium. If you'll be running or riding continuously for longer than an hour, start replenishing your carbohydrate and electrolyte stores around the 30-minute mark, and every 15 minutes after that, Spano says. You want 30 to 60 grams of carbs for every hour of exertion. So if you tank up with 4 ounces of a sport drink (which usually has about 7 grams of carbs) at $\frac{1}{4}$ -hour intervals, you'll reach the low end of that range. Eight ounces every 15 minutes and you'll be at the high end.

is your urine. If your bladder goes longer than 3 hours without a cry for help, you're probably not drinking enough, Spano says. Color matters, too; urine shouldn't be darker than a pale lager.

Go for the fast burn

If you have to be on the starting line first thing in the morning and your window for digesting food is less than an hour, go for easily digestible carbs with high water content, such as bread (which surprisingly contains 35 percent water), and lower-fiber fruits, like melons and bananas. Stay away from foods that are high in protein and fat (nuts, for example), which take longer to digest than quick carbs do. Also, avoid high-fiber fruits and vegetables (beans, broccoli, raisins, berries), which can cause gastrointestinal distress if you eat them just prior to strenuous exercise.

pound in coffee that limits caffeine's benefits," says Jay Hoffman, Ph.D., a professor of sports and fitness at the University of Central Florida. That's why caffeine studies that demonstrate its benefits have involved people drinking powdered caffeine dissolved in water instead of consuming coffee.

Energy drinks are another source of caffeine. But they

Add salt for stamina

There's plenty of hype about the evils of salt, but avoiding it is bad advice for any man who does high-volume, high-intensity training, especially in heat and humidity. If you regularly sweat out 2 to 3 percent of your body's weight—3 to 6 pounds, for most of us—you probably

University showed that runners who drank tart cherry juice for a week before an ultra-endurance challenge had less pain after the race. Tart cherries, red grapes, and pomegranates are all available in juice form, and are loaded with anthocyanins, a type of antioxidant that helps reduce the muscle inflammation and damage caused by serious exercise.

Food styling: Corrie Purcell/Big Lee Productions

FEED
YOUR
MUSCLES

LIFTING ALONE
WON'T BUILD
MUSCLE. YOU
NEED PLENTY OF
GOOD-QUALITY
PROTEIN.



Imagine living in a house that's constantly under construction. That's what it's like inside your body, where three shifts of molecular laborers tear down and build up muscle tissue all day, every day. After strength training, your body's construction crew wants to work overtime, but it needs the right building materials. "Consume protein as soon as possible after strength exercise," says Stuart Phillips, Ph.D., a professor of kinesiology at McMaster University, in Ontario. If you eat nothing, your muscle growth will be seriously hampered—you could even lose muscle, in fact. Be strategic with foods and supplements instead, and you'll reap big results from your workout.

Whey to grow

When it comes to muscle growth, one protein source stands out. "Whey protein offers the biggest benefit," Phillips says. You digest it more quickly than other types of protein, so it hits your muscles faster. Whey protein also has the highest concentration of the amino acid leucine, giving it more muscle-building power than anything in the supermarket. Phillips recommends 25 grams of whey protein post-workout. There's no harm in having more, but there's no proven benefit, either.

Combine protein with carbs

Together, they achieve more than either does on its own. Carbs may help protein reach your muscles faster, speeding growth. Meanwhile, some research suggests protein accelerates the buildup of glycogen. Even if you're on a low-carb diet, you should take in some carbs with your postworkout protein. Use a protein supplement that contains carbs, or add your own with whole fruit. Mix some in a blender with water and ice for the perfect postworkout treat. You can also use skim milk instead of a protein supplement—24 ounces (3 cups) provides 25 grams of protein, 35 grams of carbs, and a generous dose of muscle-building leucine.

Hit the right ratio

For men who run, lift, or play sports a few hours a week, no postworkout combina-

tion of carbs and protein has been shown to work better than any other. But if you're a serious athlete who trains hard for over an hour every day, your best results will come with a ratio of carbs to protein that's at least two to one, some research has shown. Two supplements that are specially formulated to hit this ratio are Gatorade's G Series Pro 03 Recover (for runners, elite athletes, and aspiring professional athletes) and Biotest's Surge Recovery (for serious lifters).

Pop the muscle vitamin

Back in the day, fitness buffs were really into the benefits of sunlight: Charles Atlas, for example, included daily sun baths in his famous Dynamic Tension program. Today, science is starting to figure out what old-school bodybuilders understood intuitively: Vitamin D, created by your body through direct sun exposure without sunscreen protection, has an important role in muscle health and function.

Nobody can say for certain whether vitamin D boosts performance in healthy, fit men; the strongest research involves only the very young and the very old. But giving your body more D (through supplements and/or sun exposure) can't hurt, and it could very well help you grow stronger and avoid injury. Researchers at the University of Wyoming say most people would benefit from taking a supplement with 1,000 to 2,000 international units (IU) of vitamin D each day.

Don't lift dehydrated

Weight training doesn't cause dehydration; after all, lifters tend to work out in air-conditioned gyms. But if you're dehydrated *before* a lifting session, you could do more harm than good. A 2008 study in the *Journal of Applied Physiology* found that dehydrated lifters pro-

grams for a 180-pound man) for at least 3 days, and then maintaining with 3 to 5 grams a day. If you're not in a hurry, taking 2 to 3 grams a day for a month will achieve the same result. Skip the nitric oxide supplements, though. "They're a waste of money," Phillips says. "I'm stunned that they've stuck around as long as they have."

Mix and match

Combining creatine with beta-alanine can also be a smart move. One of Hoffman's College of New Jersey studies found that college football players who took both supplements (10.5 grams a day of creatine, 3.2 grams a day of beta-alanine) had more-

STAY HUNGRY

To grow a pound of muscle, your body needs about 2,800 calories. If you want to build it in a week, that means you'll need about 400 extra calories a day, says Lonnie Lowery, R.D., Ph.D. "In our studies, the only times we've seen big gains in muscle are with the men who were the biggest eaters," Phillips says. Now, if you find yourself struggling to swallow those additional calories (some guys do), the problem could be your go-to protein. While whey is terrific in a postworkout drink, it's also the most satiating type of protein, blunting appetite more than tuna, eggs, or turkey, according to a recent study published in the *British Journal of Nutrition*.

duced more stress hormones, including cortisol, while reducing the release of testosterone, the body's best muscle builder. If you lift first thing in the morning, have a glass of water first. This is especially important if you're dehydrated from the night before.

Boost your results

If you're looking to increase your strength and workout capacity by as much as 10 percent and add muscle size over time, you can't go wrong with the one supplement shown to do both in numerous studies: creatine monohydrate. For the fastest results, the International Society of Sports Nutrition recommends loading with 0.14 gram per pound of body weight a day (about 25

Fight off your fatigue

Beta-alanine is another supplement with solid science behind it. It's an amino acid your body uses to form a compound called carnosine. "Carnosine is found in skeletal muscle, and helps you delay fatigue," Hoffman says. Early research suggests it could help improve strength and endurance. There's no firm dosage recommendation yet, but University of Oklahoma researchers suggest taking 6.4 grams a day, spread over four doses.

To see results, however, you need to be patient. It takes 2 to 4 weeks to build up enough carnosine in your muscles to have an effect. The good news: Levels stay elevated for weeks after you stop supplementing.

productive workouts and less fatigue, and built more muscle than those who took only creatine.

Eat for more energy

If you're following a daily training regimen, don't eat like a guy who's trying to drop pounds. A study in the *Journal of Applied Physiology* showed that athletes who trained to exhaustion after 2 days of low-carb eating slowed down the process of building muscle. "The lower you drive carbohydrates down, the more you need other fuel for energy," Phillips says. "Drop carbs below 40 percent of total calories at that activity level, and you're going to sacrifice performance."

BURN FAT

Some men don't work out to lose body fat. They eat and train with the goal of becoming stronger or faster or better at their sport, and a great physique is just part of the deal. In fact, athletes can screw up their chance for glory by focusing too much on appearance—that is, cutting the calories they need to fuel their workouts. But for most of us, better performance is just a nice perk. What we really want is to drop fat without losing muscle.

Calculate your carbs

The key to shedding flab is to adjust your carb intake to your activity level. *Men's Health* weight-loss advisor Alan Aragon, M.S., has a simple way to calculate how many carbs you need.

Multiply your target body weight by 1 if you have a desk job, work out in a gym several times a week for an hour or less, and your main goal is fat loss. Multiply by 2 if you're a recreational athlete who trains for more than an hour a day. And multiply by 3 if you're a competitive athlete who trains multiple hours a day, or if you're a guy with a Mini Cooper body and a Corvette metabolism who is struggling to gain weight.

The number you end up with indicates how many grams of carbs you should eat every day. If you're in category 1 and weigh 180 pounds, that's the equivalent of about two Chipotle burritos.

Eat to lose weight

Don't forget the protein. About 25 percent of the protein calories in your food are burned off in digestion, absorption, and chemical changes in your body, so protein has less of a caloric impact. And perhaps best of

all, it defends your hard-earned muscle tissue when you're trying to lose fat. A recent study in *Medicine & Science in Sports & Exercise* found that a weight-loss diet with 35 percent of its calories from protein preserved muscle mass in athletes, while a diet with just 15 percent protein led to an average loss of 3½ pounds of muscle in just 2 weeks. Aim for a daily intake of about 1 gram of protein per pound of target body weight when you're working to lose fat.

Blend the best shake

You can boost the appetite-suppressing effect of a whey shake by whipping it to a froth. When Penn State researchers had men drink blended shakes of various volumes, they found that the men who drank the more-aerated shakes ate 12 percent less food at their next meal. The scientists speculate that the larger appearance of the shakes made men think they were drinking more.

Fight fat with fat

A lean body is a well-oiled machine. A 2007 study in the *American Journal of Clinical Nutrition* showed that people who swallowed 1.9 grams of omega-3s daily and



MAINTAIN MUSCLE WHEN YOU'RE LOSING POUNDS—DON'T SKIMP ON THE MEAT AND FISH.

did cardio a little more than 2 hours a week reduced their body fat, lowered their triglycerides, and raised their HDL cholesterol. Here's the kicker: When another group with the same exercise regimen was given sunflower oil (which has mostly omega-6 fats) instead, they lost hardly any fat. Omega-3s are powerful body sculptors in their own right.

Fixing the omega imbalance is a two-step process.

First, says Aragon, take three to six fish-oil capsules a day, for a total of 1 to 2 grams of DHA and EPA. Second, cut back on omega-6s. Many salad dressings and mayonnaises are packed with soybean oil, the source of more omega-6 fats than any other food. Choose salad dressings made with extra-virgin olive oil (rich in heart-healthy monounsaturated fats), and use mustard instead of mayo.

Scramble to slim down

Not only are eggs a great muscle-building food, but they can also help you look less egg-shaped. A 2010 study in *Nutrition Research* showed that men who had eggs for breakfast ate less over the next 24 hours than those who began their day with a bagel instead. ■

THE
WINNER'S EDGE



THE
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AN

CH

AT THE DIE OF NICK ISHOLM

A DECADE AGO, HE LAY IN HIS HOSPITAL BED, UNABLE TO MOVE BUT ALERT ENOUGH TO OVERHEAR DOCTORS TELLING HIS FAMILY HE WOULDN'T SURVIVE. THAT MADE HIM ANGRY. ANGRY ENOUGH, IN FACT, TO PROVE THEM WRONG

By Oliver Broudy • Photographs by Tom Holland

B

Boyd was the last person you'd expect to turn all serious,

but that day he left the jokes at the door. Pulling a chair up to Nick's bed, he steadied himself and then did for his friend what only a best friend would do. He offered to kill him.

The proposition was not altogether unreasonable. A few weeks before, Nick Chisholm had been a vigorous 27-year-old, a fearsome rugby player who pumped iron three times a week and on weekends tamed mountains with his Diamondback Zetec bike. Now he lay in a hospital bed, submerged inside a body he no longer controlled. And yet he knew this body was his, for it never stopped screaming at him to attend to it. An unsoothed calf spasm felt like a spear wound; an unscratchable itch like a spider gnawing his flesh. He longed to cry out—but his voice was gone, too. All that remained was the terror.

They call it locked-in syndrome. The phrase conveys a certain mechanical accuracy, but a nearer description might be "hell." It's usually brought on by a stroke when the neural isthmus connecting the brain to the body is catastrophically blocked, leaving the body unresponsive but all cognitive faculties intact. For a long time the doctors didn't know Nick was even conscious. *No hope of recovery*, he heard them say. *Better if he'd died*. And perhaps this was true. In many respects he was dead already, his consciousness orphaned. Pinching out that spark might even be an act of mercy.

"If I were in your place, I know you'd offer to do the same for me," Boyd murmured, quietly so the nurses wouldn't hear. He wanted to look at the floor, but then he would miss Nick's signal. *Eyes up for yes, down for no*. This was Nick's only way to communicate now, using the

one part of his body he could still control. As the seconds ticked by, the air in the room seemed to congeal. Only the goldfish flickered, as light as leaves, in the tank by Nick's bed. Boyd waited, holding his breath.

That's how it started, with the downward tug of an eye muscle. What followed may be the most grueling fitness regimen ever undertaken, the story of a man who buffed up from nothing in defiance of medical expertise—and, frankly, any reasonable estimation of the hardship a man can endure.

The secret of that endurance is what I've flown halfway around the world to discover. Nick's psychologist had warned me to expect an enigma. A man who has spent the past 10 years locked in isn't likely to think like the rest of us. And by all accounts, Nick wasn't entirely normal to begin with. A "type T" personality, his shrink said. A thrill seeker. The kind of guy whose active lifestyle entailed sustaining concussions on a fairly regular basis. ("If you're adventurous, it happens," Nick's older brother Aaron told me with a shrug.)

When I finally arrive at Nick's house in Dunedin, New Zealand, I find him pondering a pair of tinfoil barbs patrolling the depths of his half-ton fish tank. Nick's eyes are wide and green, his face lean and wolfish. The cap he wears conceals a 3-inch Mohawk, and his sideburns are carved into horizontal stripes. When he looks at me, his gaze seems to flex, and I can feel the burn of power trapped within.

The extent of his powerlessness soon becomes obvious. He can't talk, first of all. He can't shout, shrug, cough, spit, stretch, sigh, or wink. The endless humble adjustments that make our days tolerable are mostly impossible

for him. He can't wrinkle his nose, massage his chin, flip a light switch, or throw off a blanket. He wakes to the disobedience of his limbs, and at night submits to the caprice of eyelids that refuse to settle.

To communicate he uses "the board," a sheet of hard, clear plastic across which the alphabet is laid out in a grid. As it's held before him, he directs his gaze like a pointer to pick out letters and form sentences. The sentences are terse, like telegrams sent from a faraway continent. Small talk isn't worth the calorie expenditure. And all of this assumes a willing audience. If no one's in his room, he's flat out of luck.

We've all seen enough setbacks in our lives to know what powerlessness feels like. The crushing rage and frustration we feel when



Chisholm runs a half marathon in 1996. Before his stroke, he was a type T—the consummate thrill-seeking athlete.

What is 'locked-in'?

Your worst nightmare. **Locked-in patients can't speak or move—other than to make slight up-and-down eye motions—but they're fully conscious. They can hear and understand everything happening around them. Yet doctors can miss the subtle signs of consciousness for weeks, months, or even years, and write off a patient as being in a coma or a vegetative state.**

"Close relatives usually pick up on it first," says Grant Gillett, M.D., D.Phil., the neurosurgeon who diagnosed Nick Chisholm.

"Unfortunately, they're often dismissed as people letting their emotions interfere with the ability to see what's actually going on."

Locked-in syndrome was first defined in 1966 as quadriplegia with consciousness. It's most often caused by a stroke or a traumatic injury that blocks the connection between the brain and body. Here's a snapshot of what happened to Chisholm, and how he's fought back.

1 On July 29, 2000, during a rugby play, Chisholm twists his neck and back, caus-

ing a tear in the wall of his right vertebral artery, which leads to the brain stem. The tiny tear causes a ripple in the flow of blood. In that ripple, a clot begins to form and the artery spasms, blocking blood-flow to the brain. Chisholm is disoriented, staggers to the sideline, collapses, and is rushed to the hospital.

2 Three days later, Chisholm seems to be recovered and prepares for discharge, but another clot that formed in the vertebral artery breaks off and lodges in his ventral pons, a part of the brain stem that influences movement. It's a massive stroke. Doctors induce a coma to stabilize him.



Leg strength is key to Chisholm's dream of one day walking unassisted. His record is 600 hack squats in 20 minutes.

3 The motor pathways connecting his brain to his muscles are almost completely wiped out. But in his brain stem, Chisholm's sensory pathways remain intact. This means that when Chisholm is brought out of his drug-induced coma 3 days later, he can feel every sensation—every itch, ache, and tickle—but can't move a muscle.

4 Doctors believe Chisholm is brain dead. He hears doctors asking his mother if she wants to pull the plug on life support. (He can't breathe on his own and would suffocate.) She refuses. She's not ready to give up hope.

5 A few days later, Dr. Gillett notices a subtle sign of awareness: Chisholm's eyes seem alert. "I got the sense he was engaging with me," Dr. Gillett says. He asks Chisholm to respond—using his eyes—to a series of questions. He does so, albeit almost imperceptibly. This is possible because the motor pathways for eyes connect within the brain, not through the brain stem and spinal cord.

6 Six weeks after the accident, Chisholm is moved to a rehab facility where he begins to figure out which muscles he can regain some control over—that is, which pathways haven't been completely knocked out. This takes tremendous effort. Imagine learning to move your index finger by flexing certain muscles in your forearm. The first thing he moves is his big toe, followed by his right forefinger. By November, 4 months after the accident, he's able to breathe on his own again.

7 Today, a decade after his injury, Chisholm can move his arms and thighs, and he has some control over his hands and lower legs. He can also smile widely, an ability not lost on his close friends—they're always trying to make him laugh.

8 Dr. Gillett suspects Chisholm has recovered most of the movement he ever will, but quickly adds, "What limits most people who survive locked-in syndrome is resignation. That's just not part of Nick's nature. So who knows what he's capable of?"

JERILYN COVERT

implacable forces curtail our will. It could be a setback as trivial as a bus pulling away seconds before we reach the station, or as devastating as a loved one's terminal illness. For Nick, powerlessness is a persistent condition.

And yet Nick does not seem to regard his body as the enemy. On the contrary, he eats immaculately and claims a body-mass index rivaling that of most Olympic athletes. For most of us, the gym is at best a chore, something we plan to do three times a week and end up doing maybe once. But Nick goes every chance he gets. Physically he is *strong*. He might not be able to rub his chin, but strap any midsize vehicle to his back and he could probably lift it.

The paradox seems beyond explanation—certainly not with Nick's terse sentences. I'm wondering how to broach it when my eye is arrested by a curious painting of a piranha high on the wall of Nick's living room. The piranha, Nick says, dates to 1997 and his first AA meeting. When the group leader asked

everyone to identify a higher power, his fellow drunks glanced involuntarily upward. Nick's eyes fell instead to his own T-shirt, which happened to carry an image of this very pissed-off-looking fish. That'll do, thought Nick, never one to get hung up on abstractions. Something about the creature's toothy scowl succinctly captured the two qualities he most valued: grit and aggression. It's been years since he's had a drink, but the so-called higher power endures.

Huh, I think, when he finishes spelling all this out. I suppose that sort of explains something about him.

At rehab, Nick couldn't talk or move, so it was easy to dismiss him as inert.

Then Nick fixes me with a peculiar gleam and signals again for the board.

A—N—G—

Gradually the words cohere. Nick stares at me, green eyes blazing. Do I understand?

Anger is a gift.

It was a Saturday afternoon in Dunedin, July 2000. The Demons were leading the Pirates in the second half. Rugby had always been Nick's passion. Where else could a guy standing 5'9" and weighing just 180 have the chance to take out a guy who was 80 pounds heavier? This was the kind of challenge Nick appreciated.

He'd just snagged the ball from the hooker and flicked it to the wing when he began feeling dizzy, wobbled off the field, and was rushed to the hospital. For 3 days the doctors watched him. They thought it was just another concussion, a common enough injury among rugby players. But something wasn't right. One morning Nick was trying to shave and found that he couldn't quite reach his face with the razor. Even then no one guessed what was happening. He had suffered a series of strokes, probably triggered by a clot in his vertebral artery—pinched when he twisted to pass the ball to the wing. The next stroke hit his brain stem like an ax. They rushed him to the ICU, but by then it was too late.

To Nick, the days that followed had the feeling of a nightmare: the muttering of doctors, the sound of loved ones wailing, of Boyd smacking his head against the wall. Nick couldn't see or even think clearly, but he could feel well enough. Stripped of neurological



Above: Chisholm at the seated rowing machine. Below: The piranha is Chisholm's personal emblem, adopted from a clothing brand called Hot Tuna. Its initials are shaved into the side of his head.



Chisholm entered rehab in September 2000. Good friends like Simon Maole (left) and Boyd Clark visited every day.

control, his muscles bucked in wild agony. When his internal temperature gauge stopped working, they dropped him into a tub of ice and blasted him with giant fans. When his lungs stopped working, they bored a hole in his throat and fit the hole with a tube connected to a breathing machine. During the operation the anesthetic wore off, but that was just a single lesson in human suffering. What came later was an entire curriculum.

Grant Gillett, M.D., D.Phil., was the neurosurgeon on call when Nick's big stroke occurred. His memory of the days and weeks that followed remain sharp—particularly the moment when he realized that behind the seemingly blank facade Nick was fully cognizant, and screaming for help. Luckily, Dr. Gillett had seen locked-in cases before, so he knew to look for that subtle tension around the eyes that might otherwise have gone undiagnosed—perhaps, as in some documented cases, for years.

There were those who said recovery was impossible. After all, nothing is more mortal than a human brain cell. Sustain an injury almost anywhere else, and your body tries desperately to repair it. But repair to damaged brain tissue faces significant limits. "Some people say it's the cost of having a highly complex information-control system," Dr. Gillett says. In other words, the brain takes so long to develop and grows so singularly intricate in form and function that a traumatic injury to it can't be patched up like ordinary tissue—any more than a broken tree limb can be re-attached with a two-by-four.

All the same, Dr. Gillett has learned not to underestimate the human body's ability to heal, especially when the injured person's spirit is driving the process. Even if there are distinct limitations to how much the brain can repair itself, he says, no one seems to quite agree on where those limits are or to what degree they can be circumvented.

"Who knows what Nick is capable of?" Dr. Gillett asks me. "What limits most of these people is two things: the targets that are held out in front of them, and a kind of fatalism that tells them to accept what they've got.

But that's just not part of Nick's nature."

Nick had this much going for him: Somehow he knew that at a certain point, breakthroughs become possible only when you start disbelieving people. Or put it this way: If no one thinks you're crazy, then whatever you're doing isn't that radical, and the payoff won't be either. The fact is, real progress occurs only on those frontiers where likely outcomes are contested. You might not think so, but even in a world swamped by data and teams of experts for every occasion, such frontiers still exist in abundance. And as long as they do, so does the opportunity for reward.

The fight began at ISIS, a rehab facility just outside Dunedin. It was here that Nick realized he hadn't been dreaming for the previous 6 weeks. Housed in a low, one-story building surrounded by parking lots, ISIS shares its grounds with a psychiatric hospital with a high-security wing for the criminally insane. Inside, the floors are thinly carpeted, the dingy atmosphere gripped by a professional ethic of grim purposefulness that keeps the lives of the residents grinding forward.

Now a nurse lets us in through the key-coded door. Nick leads the way in his wheelchair, followed by Boyd, who has taken the day off to hang out with his old pal. Around the corner Nick stops before an open doorway. He

'how I beat any obstacle'

By Nick Chisholm

You can achieve anything if you want it badly enough—and I badly want to recover. I'm also shit scared of getting a belly like most people in wheelchairs. So I take everything I have to the gym, and leave with nothing. That's how I've lived my life, too—both before and after my accident. I also...

FIND SOMETHING TO PUSH AGAINST

I can't move very well. But give me something to push against and my muscles tense and, believe me, the weight starts to move. It's the same in life. It's hard to move forward if you're floating alone in a pool. Find an edge, something to kick against, then find your fury and push.

KNOW YOUR LIMITS, THEN SAY NO TO YOUR LIMITS

Doctors said I'd always be fed through a tube. Wrong. It took me a year and a half to learn to swallow again. My tongue doesn't always cooperate, so I had to develop my own technique. But if I'd listened to my doctors, I'd still be sucking sludge through a tube. Doctors generalize. So do all naysayers. That's their job. It's your job to prove them wrong.

FLIP YOUR SWITCH

Exhaustion and pain stop most people at the gym at some point. Usually in the last few reps. That's when I flip my switch and

channel everything I've got into the lift. Yes, it's agony. But when you're done you feel like a fucking king. And it makes you want to go even harder the next time. The same is true on the rugby field, or in life for that matter: Aim for the pain and barrel right through it.

KEEP YOUR GOOD FRIENDS CLOSE

My buddies took me to the local polling station to vote. All of us in the nude, of course. Good times. So many guys want to make it on their own, or they're too proud to ask for help from friends or family. I don't know if I'd be alive without my friends. I certainly wouldn't be laughing as much as I am. My doctors say laughter is good for my health. On this point they may be correct.

LOVE LIFE'S LITTLE THINGS

What do I miss most? Yawning and stretching at the same time. Enjoy it, gentlemen. It's a gift.

As spelled out to Oliver Broudy



Home health aide Rowan Matcheson holds "the board" as Chisholm painstakingly spells out words one letter at a time.

looks at me, and then back through the door. The room is empty except for a steel table and a hose. The walls are tiled, the floor canted toward a drain in the middle.

"The shower room," I say. Nick gives a little nod, bouncing his green eyes up to say yes, and then holds my gaze to express a few silent paragraphs more. The bulky nurses with their bad breath and meaty fingers hoisting him up and dropping him onto the hard table. Their stupid banter as they hose him down like a dirty plate. The cold spray impacting his sensitized skin, the drops leaking into his trachea vent and guttering into his lungs.

Nick turns away with a gesture that seems to say, *Yeah, that was the least of it*. Across the hall is his old room: Four beds divided by blue curtains. Hospital plastic and cold tile. No privacy, and at the same time too much. For the first 4 months he couldn't even use a call bell, so if his leg fell asleep, he could only lie there and listen to the rising symphony of pain. Movement was limited. His body tightened, hands clenched, jaw bit down with pulverizing force. His arms ratcheted inward, as if trying to stuff him through a small dark hole at the center of his chest.

He saw the seriousness of his condition in the eyes of others before he could see it for himself. They knew he was fully conscious, in theory at least. But he still couldn't talk or move, so it was easy to dismiss him as inert. His primary caretaker, Richard, wouldn't even use the letter board. Richard was just the sort of big, meaty bloke Nick used to take down at a gallop. Now Nick was helpless. He dreamed of hurling Richard head over heels through a window, or crushing him by sheer force of will alone. But invariably his will broke against the barrier of his immobility, and then he was the one to be crushed.

His muscles ravenously engage, and the 224-pound bar rises.

Now he nods toward something on the floor. No, on the baseboard. Lights. Yes, these are the light fixtures Boyd pulled the bulbs from so Nick could sleep at night. And when the staff members kept replacing the bulbs, Boyd ripped out the wiring.

Nick and Boyd seem to have a million stories like this. The time Boyd strapped Nick to the front of his motorbike and took him burning across the hospital lawn. (Picture a herd of angry nurses in hot pursuit.) Or the time a gob of smeg from Nick's trach blew onto a sandwich Boyd was eating, and like a champion, Boyd feigning not to see it, affecting puzzlement at the unusual flavor. There was little Boyd wouldn't do for a laugh. Casually guzzling from Nick's protein feed, for instance, or attaching muscle-toning electrodes to his face and cranking the voltage.

This was a kind of boy humor he borrowed from their childhood to cheer Nick in his direst hour. The two friends had grown up together on nearby farms. In those days the primary form of entertainment was sledding around a cattle paddock in half of a drench barrel roped to the back of a three-wheeler. They got into a lot of trouble, but then they were never the types to hide from life. And after the stroke, Boyd, unlike so many others, never tried to

hide from Nick. You might even say that in the end, the man who originally offered to kill Nick was the one who did the most to keep him alive.

As we make our way toward the exit, Nick remembers something else. "I love when you pushed me over to see the wild people," he spells out, blinking up at Boyd.

Boyd looks blank for a second. Then he remembers: It was a hot day in March, and he'd sneaked Nick into a wheelchair for a covert visit to the criminally-insane wing. The wing was enclosed by an exercise yard bordered on two sides by a high fence concealed by bushes. As Boyd maneuvered Nick through a gap in the bushes, they encountered a strange sight: The guards were soaking a prisoner with a high-powered hose as the man cavorted around the yard, tearing his clothes off and screaming at the top of his lungs, "*I'm lovin' it! I'm fuckin' lovin' it!*"

As Boyd reenacts the scene, Nick tips back his head and howls with laughter. Somehow it perfectly captures the mad hilarity of it all—the strange brightness at those extremes of misfortune when not even grit and aggression can help and the only defense is pure spirit.

The story of Nick's early attempts to reclaim his body is told in the medical logbooks he kept from those days. At the start, his regimen was nothing you would recognize as a conventional workout. There were no bumping barbells or TVs hung over treadmills. No biceps or abs machines. There are muscles that come before biceps—the diaphragm, for one. After 2 months on a respirator, Nick's had turned to flab. Now when he tried to breathe unassisted, it felt like someone had dropped a 200-pound barbell across his chest.

This was his first real workout: breathing. No longer than 2 hours at a time at first. To stay occupied, he'd watch the oxygen meter. If it dropped below 70 percent, he'd have to try harder. The alternative was suffocation.

Other muscles followed. Muscles we tend not to think about. The trunk muscles that keep us sitting upright. The jaw muscles that keep our mouth from dropping open. The neck muscles that hold up our skull. The tongue.

It was weeks before he could even think about trying to stand. Weeks more before he could support himself with a walker to undertake a staggering trek down the hall. The problem: Tight leg muscles prevented him from lifting his feet, so his toes kept scraping the floor. "His toes were just *bleeding*," a physiotherapist who was there remembers. "But he wasn't going to give up. I remember walking back down the corridor and seeing every footstep marked by a little puddle of blood."

Gradually the workouts became more ambitious. Despite his damaged nervous system, the muscles responded. This is the miracle of

muscle. Ask and it answers, bulking up when you tax it, adapting to meet demand.

After 22 months in hospitals, Nick had grown strong enough that the medical team agreed to release him. Right away he joined a gym. There the staff tried to teach him the secret of weightlifting, which is fairly simple: You can always endure a little more than you think you can. But by this point, Nick had figured that out for himself.



Nick's gym is located on Moray Place in downtown Dunedin, about six blocks from the hospital. His first time here he could bench just 40 pounds; within a month he'd quadrupled that number. Like an artillery range, the gym absorbed anything Nick could throw at it.

Now he lies on the bench, green eyes tilted upward, Mohawk mashed against the red cushion. Signaling for the board, he tells his assistant, Rowan, that he can probably take on more weight if she shifts his feet for better leverage. He cannot move them himself. He's still learning to control smaller muscle groups. (Physically, he's like an infant. He can move big muscle groups but has no fine motor control, which is why he can laugh but not talk.) For this reason, his feet need to be restrained when he lifts. Basically, everything flexes at once, so exercising a small muscle group requires restraining all the others. That explains the straps across his thighs, and the grimacing trainer trying to hold Nick's feet down, as well as why Nick's dream of walking unassisted remains as yet unrealized.

Now Rowan moves the pin to the bottom of the stack, but Nick still looks unsatisfied.

"Do you want to go 99? Okay, I've got 3," Rowan says, liberating a spare 3-kilo ingot from an adjacent machine. "Do you want another 2.5 on that?"

At last Nick grips the bar, gives an orcish snarl, and propels the full force of his 185-pound body directly into the iron—224 pounds of it. Phil Chaney, Nick's good friend and the owner of the gym, calls this "the switch," the mental mechanism that allows you to step outside your civilized self and decisively engage your most primitive forces. It's sort of a wolfman moment. The laughing Nick disappears. A vein pops on his temple to feed his glowering eye. The weights come down, and rise again. You can see in his face the exact moment the whining *no* of the muscles transforms into a ravenous *yes*.

The set ends and Nick lies there heaving. Rowan uncurls Nick's fingers from the bar and hauls open his arms, which still tend to crumple inward. A splash of water would probably taste good right now, but Nick can't swallow liquids without aspirating. Rowan lifts his shirt, pops the cap on his

abdominal stent, and mainlines 300 milliliters of double chocolate protein shake into his stomach. Soon he's ready for drop sets.

"This one's going to hurt," Nick spells out, with a piranha grin.

Then the words come back to me—*Anger is a gift*—and finally I start to get it. The gym is not, at first, a way to buff up, or to look good, or even to stay healthy. It is a way of experiencing power in its rawest form. Iron against muscle. Resistance yielding to brute persuasion. There's a simple equation at work here. Power is the capacity to exert your will. Too often we assume that the power we have in life is fixed and limited, and instead of building our power to match our will, we degrade our will to conform to our perceived lack of power. If Nick had chosen this route, he'd have been dead years ago.

And it's interesting to think about why he didn't. Courage certainly has something to do with it. But despite the hardships he's faced, it would be foolish not to acknowledge Nick's one clear motivation. Put it this way: There are no wheelchairs in his dreams. Never once has he lost sight of the man he was, the man he retains the potential to be. Today, an image of that majestic potential is forever hovering before him.

And in this way the question sneaks up and suddenly demands attention: What if we could know, as clearly as he does, that we have the capacity to become king? That we are entitled to whatever in life we have audacity to claim? Who then wouldn't reach for the crown? Who among us would hesitate?



Five hours north of Dunedin, the same question returns as I follow Nick into a single-prop Cessna parked on a grassy runway. Not even Boyd has the stones for this caper. "This is crazy," I hear a voice say as the ground peels away. At 2,000 feet, we rise through the cloud cover, the altimeter slowly gaining on the summit of Aoraki, New Zealand's tallest mountain. I keep looking at Nick for some signal of misgiving, but his green eyes are steady and focused. Now as we climb past 14,000 feet, someone fits him with an oxygen mask, and the mighty Pacific appears over the spine of the Southern Alps.

It's something he's wanted to do for a while. His last attempt, shortly after busting out of ISIS, was aborted when the winds blew too strong. But today the weather is calm and clear, perfect for plummeting earthward at 230 miles an hour.

Finally we clear 15,000 feet and the Plexiglas hatch ratchets open. Wearing a big, grinning jump instructor on his back, Nick scoots toward the door. He doesn't look back. He doesn't hesitate. He gives a wee kick of his legs and thrusts forward into the wind.

He can't walk yet, but he can fly. ■

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CREATIVITY—AND AN OPEN MIND—CAN MAKE SEX HOTTER FOR BOTH OF YOU



Number of men who want to use sex toys in bed

Age of the world's oldest sex toy, a recently discovered siltstone phallus: **30,000 years**

Enjoy good vibrations Try the We-Vibe, a C-shaped vibrator that can stimulate both of you during sex. The device's smaller end, inserted into her vagina, targets the area around her G-spot and stimulates the shaft and head of your penis during intercourse; the other end massages her clitoris. If you have a toy-shy partner, use it during foreplay, says Debby Herbenick, Ph.D., the *Men's Health* relationship advisor. "Once your partner becomes comfortable with it, she might feel more ready for the full-on experience of using it during intercourse," she says.

Average duration of intercourse: **7 minutes**

Work with her "Women have difficulty focusing on sexual sensation, so they need high arousal to reach orgasm," says Cindy Meston, Ph.D., the author of *Why Women Have Sex*. Trade your goal-oriented approach for a more pleasure-oriented one. "Think of it as a circle, not a staircase," she says.

Physical feature he finds sexiest

HER FACE

Additional real estate in a man's brain dedicated to sexual pursuit, compared with a woman's



Odds that the average guy will try to expand his partner's horizons by bringing porn into the relationship: **1 in 4**

Appeal to her X-rated side Story lines and foreplay may not do it for you, but if you want to enjoy an erotic movie with your partner, you'll need to make some concessions. Consider works by a company called Comstock Films (comstockfilms.com), which interviews and films real couples in its productions.

Number of times the average guy will ejaculate in his lifetime: **7,200**

Percentage of men who wish they could delay the inevitable: **78**



Stretch out the fun If you want to last longer in the sack, think about adding yoga to your regular fitness regimen. In a 2010 study from India, 65 men who participated in a 12-week yoga program improved their ejaculatory control by 21 percent. They also reported a 25 percent boost in overall sexual satisfaction. Why the improvement? Yoga's focus on the mind and body may reduce anxiety and improve pelvic muscle tone, the researchers speculate.



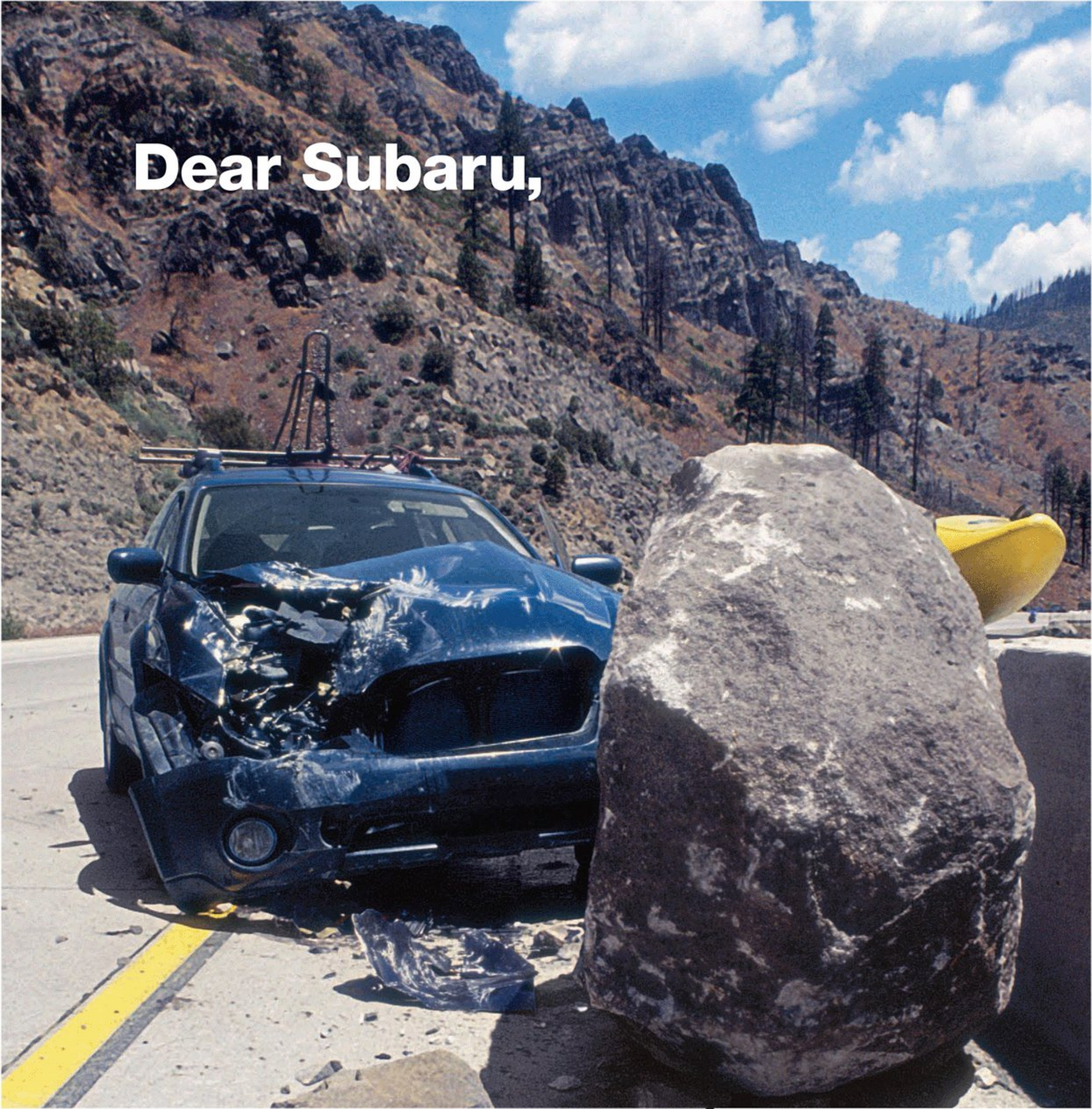
Percentage of men who say they're kinky in bed

Percentage of fantasies men fear will go unfulfilled: **50**

Try make-believe Think the waitress is hot? Leak it to your partner. "It appears that sexual jealousy can be a turn-on and a bonding tool," says psychiatrist Judith Lipton, M.D. Ask your partner what she finds sexy in other people. If she's into it, she'll keep the illicit chatter going.

JAMES VICTORE (photo-illustrations), Getty Images (geyser)

Dear Subaru,



"I was driving up I-80 when an earthquake occurred. A four-foot boulder came down the hillside and I collided with it going around 60 mph. I am lucky to be alive because I was lucky enough to buy a Subaru." -Robert P., Reno, NV.

Love. It's what makes a Subaru, a Subaru.



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